

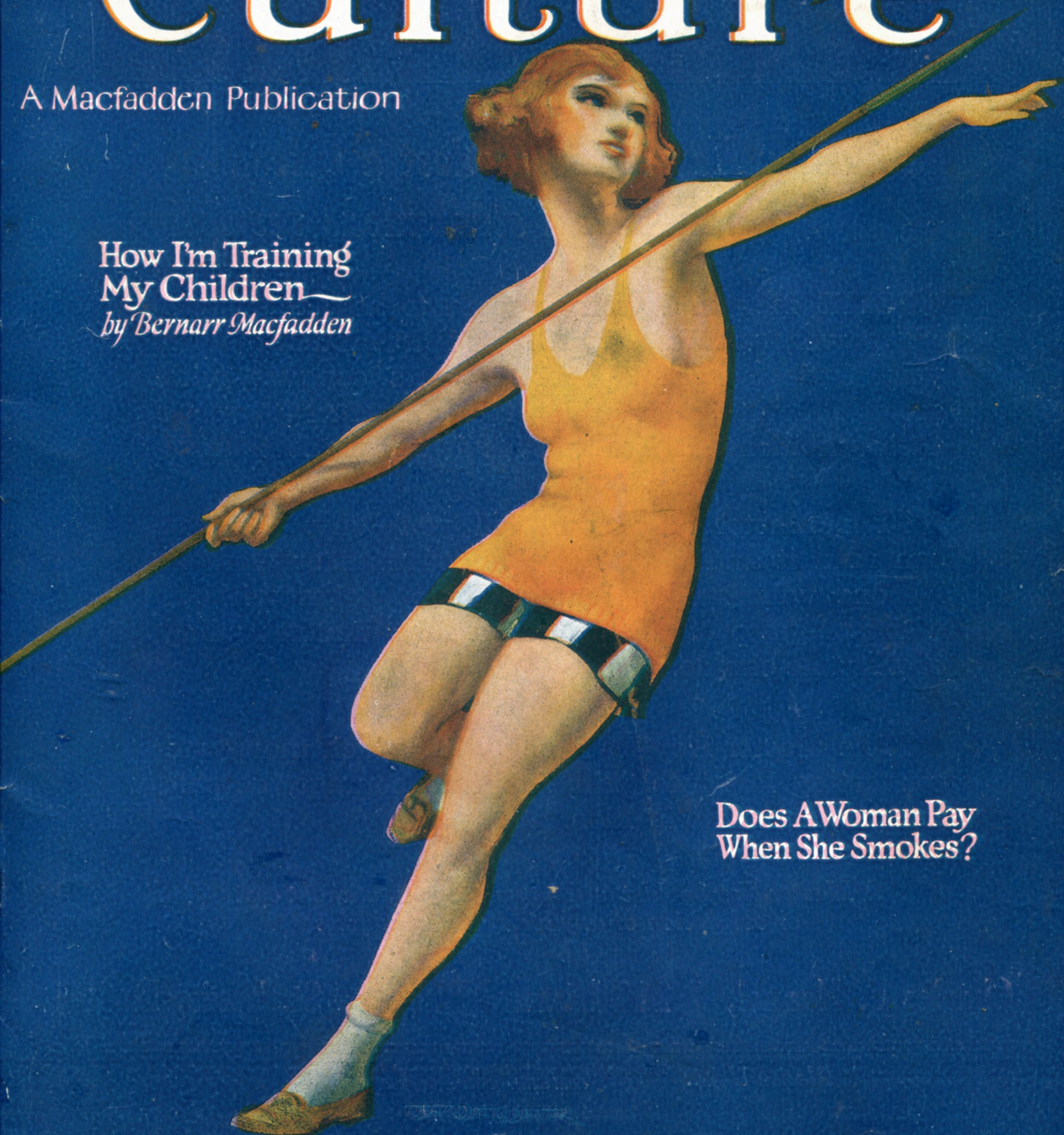
SEPTEMBER  
25 CENTS

I Lost 40 Pounds In My Garden

# Physical Culture

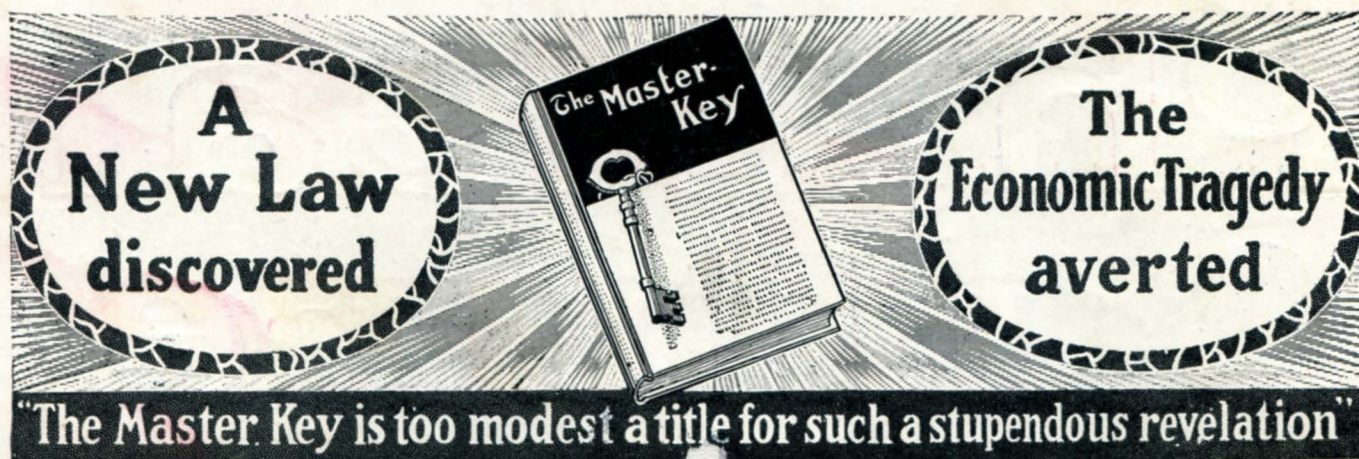
A Macfadden Publication

How I'm Training  
My Children  
*by Bernarr Macfadden*



Does A Woman Pay  
When She Smokes?





*“The Master Key is too modest a title  
for such a stupendous revelation”*

SOME men and women seem to attract success, power, wealth, health and attainment with very little conscious effort; others conquer with great difficulty, still others fail altogether to reach their ambitions, desires and ideals. Why is this so?

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**Please Note:** *This booklet is sent without cost or obligation of any kind either direct or implied.*



# What's Wrong in This Picture?

It's so easy to make embarrassing mistakes in public—so easy to commit blunders that make people misjudge you. Can you find the mistake or mistakes that are being made in this picture? Can you point out what is wrong? If you are not sure, read the interesting article below, and perhaps you will be able to find out.

It is a mark of extreme good breeding and culture to be able to do at all times exactly what is correct. This is especially true in public where strangers judge us by what we do and say. The existence of fixed rules of etiquette makes it easy for people to know whether we are making mistakes or whether we are doing the thing that is absolutely correct and cultured. They are quick to judge—and quick to condemn. It depends entirely upon our knowledge of the important little rules of etiquette whether they respect and admire us, or receive an entirely wrong and prejudiced impression.

In public, many little questions of good conduct arise. By public, we mean at the theatre, in the street, on the train, in the restaurant and hotel—wherever men and women who are strangers mingle together and judge one another by action and speech. It is not enough to know that one is well-bred. One must see that the strangers one meets every day get no impression to the contrary.

Do you know the little rules of good conduct that divide the cultured from the uncultured, that serve as a barrier to keep the ill-bred out of the circles where they would be awkward and embarrassed? Perhaps the following questions will help you find out just how much you know about etiquette.

## Etiquette at the Theatre

When a man and woman walk down the theatre aisle together, should the man precede the woman? May they walk arm-in-arm? When the usher indicates their places, should the woman enter first or the man?

When occupying a box, which seats should the women take and which the men? What should women wear to the theatre in the evening? What should men wear?

Is it correct for a man to leave a woman alone during intermission? At the theatre, evidences of good conduct can be more strikingly portrayed than perhaps anywhere else. Here, with people surrounding us on all sides, we are admired as being

cultured, well-poised and attractive, or we are looked upon as coarse and ill-bred. It depends entirely upon how well one knows and follows the rules of etiquette.

## At the Dance

How should the man ask a woman to dance? What should he say to her when the music ceases and he must return to his original partner? Do you know the correct dancing positions?

Very often introductions must be made in the ballroom. Should a man be introduced to a woman, or a woman to a man? Is it correct to say, *Miss Brown, may I present Mr. Smith*, or *Mr. Smith, may I present Miss Brown*? When introducing a married woman and a single woman should you say, *Mrs. Brown, allow me to present*

*Miss Smith*, or *Miss Smith, allow me to present Mrs. Brown*?

When leaving the ballroom, is the guest expected to thank the hostess? What should the woman guest say when she leaves? What should the gentleman guest say? It is only by knowing exactly what is correct that one can avoid the embarrassment and humiliation of social blunders.

## In the Street

There are countless tests of good manners that distinguish the well-bred in public. For instance, the man must know exactly what is correct when he is walking with a young woman. According to etiquette, is it ever permissible

for a man to take a woman's arm? May a woman take a gentleman's arm? When walking with two women, should a man take his place between them or on the outside?

When is it permissible for a man to pay a woman's fare on the street-car or railroad?

People of culture can be recognized at once. They know exactly what to do and say on every occasion, and because they know that they are doing absolutely what is correct, they are calm, well-poised, dignified. They are able to mingle with the most highly cultivated people, in the highest social circles, and yet be entirely at ease.

## The Book of Etiquette

There have probably been times when you suffered embarrassment because you did not know exactly what to do or say. There have probably been times when you wished you had some definite information regarding certain problems of conduct, when you wondered how you could have avoided a certain blunder.

The Book of Etiquette is recognized as one of the most dependable and reliable authorities in the conduct of good society. It has solved the problems of thousands of men and women. It has shown them how to be well-poised and at ease even among the most brilliant celebrities. It has shown them how to meet embarrassing moments with a calm dignity. It has



made it possible for them to do and say and write and wear at all times only what is entirely correct.

In the Book of Etiquette, now published in two large volumes, you will find chapters on dinner etiquette and dance etiquette, chapters on the etiquette of engagements and weddings, chapters on teas and parties and entertainments of all kinds. You will find authoritative information regarding the wording of invitations, visiting cards and all social correspondence. The subject of introductions is covered exhaustively, and the etiquette of travel devolves into an interesting discussion of correct form in France, England and other foreign countries. From cover to cover, each book is filled with interesting and extremely valuable information.

## Sent for 5-Day Free Examination

Let us send you the famous Book of Etiquette free so that you can read and examine it in your own home. You are not obligated to buy if you do not want to. Just examine the books carefully, read a page here and there, and let it solve some of the puzzling questions of conduct that you have been wondering about. Within the 5 days decide for yourself whether or not you want to return it.

The books are handsomely bound in cloth decorated with gold. The price for the complete set is only \$3.50. But don't send any money now—just the coupon.

## Entirely Free!

### "Etiquette Problems in Pictures"

If you act at once, you may secure entirely without cost a copy of the wonderfully interesting book called "Etiquette Problems in Pictures." This is published to sell regularly at \$2.00. It is replete with fascinating little sketches, showing mistakes that are constantly being made in public, in the dining-room, on the dance floor, at the theatre. The mistakes are shown clearly—and the correct form is explained underneath. As only a limited edition has been printed, we reserve the right to withdraw this offer without notice. Thus, in order to make sure of obtaining your copy entirely free, you are advised to act at once.

Don't miss this opportunity to examine the famous Book of Etiquette without cost, and to get entirely free a copy of the wonderfully helpful book "Etiquette Problems in Pictures." Mail the coupon today—Now. Nelson Doubleday, Inc., Dept. 89, Oyster Bay, N. Y.

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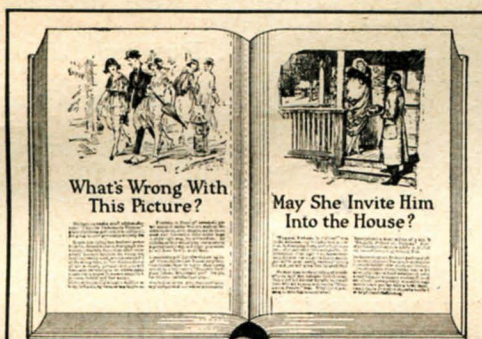
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Oyster Bay, N. Y.

You may send me the two-volume set of the Book of Etiquette free for 5 days' examination. Include a copy of the \$2.00 book "Etiquette Problems in Pictures," entirely free. Within 5 days I will either return the books or send you only \$3.50 in full payment for the Book of Etiquette. It is understood that if I return the Book of Etiquette I will also return the valuable book you are sending me free.

Name.....

Address.....

☐ "Check this square if you want these books with the beautiful full-leather binding at five dollars with 5 days' examination privilege."



## FREE! "Etiquette Problems in Pictures"

For a limited time readers of this magazine may secure, entirely without cost, a copy of this valuable reference book on etiquette, published to sell for \$2.00. Portrays by interesting illustrations many embarrassing mistakes in etiq-

quette people constantly make, and gives full explanation of correct form. Complete, helpful, and fascinating. Book is entirely free, as explained below. Only a limited edition printed, so send for your copy today.

## Do You Know—

how to introduce men and women correctly?

how to answer a dinner invitation?

how to greet a man or woman acquaintance in public?

how to plan church and house weddings?

how to use table silver properly?

how to word invitations and acknowledgments?

how to avoid blunders at the theatre and opera?

how to do at all times the thing that is absolutely correct and cultured?



# Physical Culture

Founded By Bernarr Macfadden

Volume XLVIII

SEPTEMBER, 1922

No. 3

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# How A New Kind of Clay Remade My Complexion in 30 Minutes

For reasons which every woman will understand, I have concealed my name and my identity. But I have asked the young woman whose pictures you see here to pose for me, so that you can see exactly how the marvelous new discovery remakes one's complexion in one short half hour.

I COULD hardly believe my eyes. Just thirty minutes before my face had been blemished and unsightly; my skin had been coarse, sallow and lifeless. Now it was actually transformed. I was amazed when I saw how beautiful my complexion had become—how soft its texture, how exquisite its coloring. Why, the blemishes and impurities had been lifted right away, and a charming, smooth, clear skin revealed underneath! What was this new kind of magic?

You see, I never did have a pretty complexion. My skin is very sensitive. It always used to be so coarse and rough that I hated to use powder. Sometimes pimples and eruptions would appear over night—and as for blackheads, I never could get rid of them!

To be perfectly frank with you, I tried everything there was to try. I greeted each new thing with hope—but hope was soon abandoned as my skin became more harsh and colorless. Finally I gave up everything in favor of massage. But suddenly I found that tiny wrinkles were beginning to show around the eyes and chin—and I assure you I gave up massage mighty quick.

Wasn't there anything that would clear my complexion, that would make it soft and smooth and firm? Wasn't there anything I could do without wasting more time and more money? It was very discouraging and I was tempted more than once to give it up.

In fact, on one very disappointing occasion I firmly resolved never to use anything but soap and water on my face again. But then something very wonderful happened—and being a woman, I promptly changed my mind.

## Why I Changed My Mind

Did you know that the outer layer of the skin, called the epidermis, is constantly dying and being replaced by new cells? I didn't—until I read a very remarkable announcement. That announcement made me change my mind. It explained, simply and clearly, how blackheads, pimples and nearly all facial eruptions are caused when dead skin and bits of dust clog the pores. Impurities form in the stifled pores—and the results are soon noticeable.

The announcement went on to explain how scientists had discovered a marvelous clay, which, in only one application, drew dust, dirt and other impurities and harmful accumulations to the surface. This Domino Complexion Clay, in only a half-hour, actually lifted away the blemishes and the impurities. And when it was removed the skin beneath was found to be soft, smooth, clear and charming! Can you blame me for wanting to try this wonderful discovery on my own blemished complexion?

## My Extraordinary Experience

I won't bore you with details. Suffice to say that I applied the Domino Complexion Clay I had read about to my face one evening at nine o'clock and settled myself comfortably for a half hour of reading. Soon I was conscious of a cool, drawing sensation. In a few moments the clay on my face had dried into a fragrant mask. And as it dried and hardened there was a wonderful tingling feeling. I could actually feel the millions of tiny pores breathing, freeing themselves of the impurities that had stifled them, giving up the bits of dust and accumulations that had bored deeply beneath the surface.

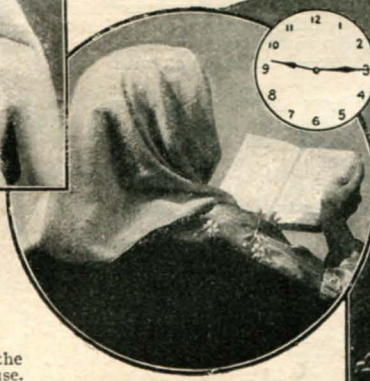
At nine-thirty I removed the Domino Complexion Clay and, to my utter astonishment, found that I had a brand new complexion! Hidden beauty had actually been revealed! Every blackhead had vanished; the whole texture of the skin

had been transformed into smooth, clear, delicately-colored beauty.

I shall never forget my extraordinary experience with Domino Complexion Clay. It accomplished in a half hour what other preparations had not accomplished in years. It is because it did it for me, because I actually had this wonderful experience, that I consented to write this story for publication.

## Domino House Made This Offer To Me

The formula from which the



Three simple steps—and the complexion is made clear, smooth and radiantly beautiful

amazing Domino Complexion Clay is made was discovered by the chemists of the Domino House. I have been asked to state

here, at the end of my story, that Domino House will send without any money in advance a \$3.50 jar of Domino Complexion Clay to any one who reads my story. If I would write my experience with the marvelous new Domino Complexion Clay for publication the Domino House agreed to accept only \$1.95 for a \$3.50 jar from my readers. You, as my reader, should not miss this opportunity. I am sure that the marvelous Domino Complexion Clay will do for you what it has done for me. I want you to know that your money will be promptly refunded if you are not delighted with results and return what is left of Domino Complexion Clay within 10 days.

## Send No Money

It is not necessary to send any money with the coupon. Just pay the postman \$1.95 (plus few cents postage) when the jar of Domino Complexion Clay is in your hands. You will have the same extraordinary experience that I had—and you will be grateful to me for agreeing to write this story. But I advise you to act at once before the special offer is withdrawn and Domino Complexion Clay is once more placed at its regular price.

By taking advantage of this special low-price offer, and sending direct to the manufacturers, you get Domino Complexion Clay freshly compounded, the very day your order arrives. And you pay only \$1.95, plus few cents postage, although products of a similar nature, and without many of the ad-

vantages of Domino Complexion Clay, are sold regularly from \$2.50 to \$3.50.

# ONLY \$1.95

Don't delay—I'm glad I didn't! Mail this coupon or a postcard today. Domino Complexion Clay will be sent to you in a plain sealed package—no markings to indicate contents. Domino House, Dept. 229, 269 So. 9th St., Phila., Pa.

Domino House, Dept. 229, 269 South 9th St., Phila., Pa.  
You may send me a \$3.50 jar of Domino Complexion Clay, sufficient for 2 months of beauty treatments. According to the special agreement, I will pay postman only \$1.95 (plus postage). Although I am benefiting by this special reduced price, I am purchasing this first jar with the guaranteed privilege of returning it within 10 days and you agree to refund my money if I am not delighted with the results in every way. I am to be the sole judge.

Name.....

Address.....

City..... State.....

If you wish, you may send money with coupon  
Price outside U. S., \$2.10 cash with order



# Don't Be Despised

Why stay **thin** as a rail, a laughing stock to every man or woman who sees you? You don't have to. You don't have to go through life with arms of childish strength; with legs you can hardly stand on; with a chest and figure your tailor has to pad out to make you look anything like a real MAN. And what about the stomach of yours, that flinches every time you eat a square meal? Are you trying to make it do its work and to gain Health, Strength and Vitality in tabloid form—through pills, drugs and other exploited piffle? You can't do it. IT CAN'T BE DONE.

## Nobody Wants a Weakling

Don't think for a minute that your wife, family, friends and associates will put up with your complaints indefinitely. You can't expect them to have much respect for you when they know that your condition is the direct result of neglecting your body. They are sorry for you, but sympathy will not restore your health and each day you continue to exist in the rut of physical weakness is a day wasted for you and those who must put up with your sickly company. What good are you to yourself or any one else? There is no pleasure in living when you feel worse each day—with no relief in sight and big bills to pay for drugs and dope that can never help you and may seriously harm you. Come—pull yourself together—show them that you have some real grit and courage—show them that you can and will be a real vigorous, successful man—the man your Parents, Sweetheart, Wife and Family expect you to be. You can do it.

## Get Rid of Your Ailments

You can be healthy and successful—you can free yourself of the ailments and defects that are holding you down and that sooner or later will cause you to lose your friends and your job. You can build yourself up—clear your befuddled brain—develop your muscles, purify and enrich your blood, strengthen and correct every organ and function, and get a new start in life, if you will only look the facts squarely in the face and get busy and

## Let Me Make a Man of You

A man's happiness entirely depends upon his Vital Powers, his success in social, domestic and business life centers around this. If he is not virile, he is not attractive, magnetic, popular—his very manly strength is the axis upon which his whole existence revolves. Men become weak through overwork, worry, bad habits, etc., and gradually lose their strength and manhood. When they reach the point where vitality is decreasing, steps must be taken at once to prevent domestic failure and physical and mental disaster. Stop and think what your Health, Strength and Vitality mean to you and ward off the consequences of Lost Power. No matter what your condition is or what caused it, don't be discouraged—I want to help you—I can help you with

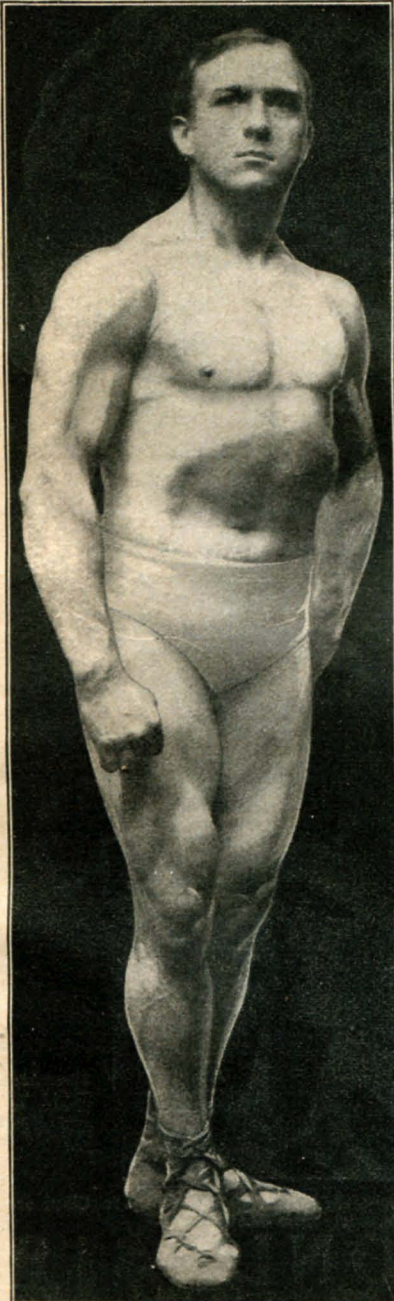
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| ..Weak Eyes         | ..Despondency      | ..Drug Addiction       |
| ..Prostate Troubles | ..Skin Disorders   | ..Healthy Children     |
|                     |                    | ..Weaknesses (Specify) |

Mention other ailments here. ....

Name.....

Age.....Occupation.....

Street.....

City.....State.....



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## He Does It

"Last week my earnings amounted to \$554.37; this week will go over \$400."—F. Wynn, Portland, Ore.



## So Does He

"I have never earned more than \$60 a month. Last week I cleared \$306 and this week \$218."—George W. Kearns, Oklahoma City, Okla.



## —And He

"The very first month I earned \$1,000. I was formerly a farmhand."—Charles Berry, Winterset, Ia.



## —And He

"After spending ten years in the railway mail service at salaries ranging from \$900 to \$1,600 year I decided it was necessary for me to make a change. . . . My earnings during the past thirty days were more than \$1,000."—W. Hartle, Chicago, Ills.

WHEN a farmhand steps from \$50 to \$1,000 a month—when a fireman jumps from \$60 a month to a job paying him \$500 for two weeks' work—when a former railway mail clerk, at a yearly salary of \$1,600, changes his job and earns \$1,000 in thirty days—and when hundreds of others quickly jump from small pay to magnificent earnings in the same way—then it's a shame for you not to do equally as well.

There is nothing exceptional about these men. They'd tell you that themselves. Many had been clerks, bookkeepers, mechanics. Some had been policemen, farmhands, firemen. And then in one swift stroke they found themselves making more money than they had ever dreamed

possible. The grind of routine work—the constant struggle to obtain even a small increase—all this was left behind. To-day they know the thrill of making big money; they are no longer ruled by an office clock. There is genuine enjoyment in every hour of the day, for their work is filled with real fascination. They have found not only the most interesting, but the best paying, branch of all business.

A field that they had never dreamed of as theirs they found to be easy and uncrowded. Earnings that they had always *hoped* to reach and that their old jobs could *never* have paid, were right there in this new field waiting for them. Hundreds of others have found success the same way. You can too—let us tell you how.

## How You Can Do It Too

What these men have done, hundreds of others have done, hundreds are doing to-day, hundreds will do to-morrow. And *you* can be one of them! For now the same opportunity that put these men into the big-money class is open to you!

In the first place, they discovered a vital fact about business. They discovered that the big money is in the Selling end of business. In the second place, they discovered a new and amazingly easy way that will make *any* man of average intelligence a Salesman, no matter what job he held before.

Salesmen are the very life-blood of any concern—upon them depends the amount of profits made. The men who can put a product on the market and boost its sales are absolutely indispensable. No wonder that man for man Salesmen receive the highest pay. For the men who are Masters of Salesmanship—there is practically no limit to their earnings—except the limit they set themselves. And that is how these men and hundreds of others like them found the

way to their present handsome incomes. They are all Master Salesmen now!

Yet previously they had no idea of becoming Salesmen. If you had told them success awaited them in the field of Selling, they would have laughed at you. They would have told you that it was absurd to think of it—for they had never sold a dime's worth of goods in their lives. Then they learned of a great organization of top-notch Salesmen and Sales Managers formed for the great opportunities in the field of Salesmanship and to help them to positions in the lines that most appeal to them. Step by step—in their spare time at home—this great organization, the National Salesmen's Training Association, took them through every phase of selling. Every underlying principle of salesmanship was made as simple as A-B-C. Then as soon as they were qualified and ready, the Free Employment Service of this Association helped them secure good Selling positions. Almost before they realized it they were in the big-money class.

## SEND FOR REMARKABLE FREE BOOK AT ONCE

National Salesmen's Training Association,  
Dept. 28-M, Chicago, Ills.

I simply want to see the facts. Send me FREE your book, "Modern Salesmanship," and proof that I can become a Master Salesman. Also list showing lines of business with openings for Salesmen.

Name.....

Address.....

City..... State.....

Age..... Occupation.....

The same opportunity that has brought hundreds of others their good fortune is open to you. Whether or not you have ever thought of becoming a Salesman, you should examine the facts about the tremendous possibilities for big earnings in this fascinating field. Mail the coupon. This will place you under no obligation. It simply means that you will receive, *entirely free*, a remarkable illustrated book, "Modern Salesmanship," and the personal stories of men in every part of the country who to-day are enjoying splendid success and earning five, ten and fifteen times as much money as ever before. It's a shame for *you* not to make big money when others do it so easily! Make a start now. Mail the coupon at once to the National Salesmen's Training Association, Dept. 28-M, Chicago, Ills.



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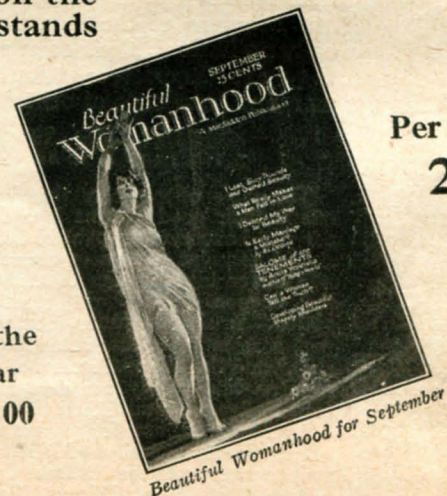
In previous issues of PHYSICAL CULTURE we have told you much in a general way about this newcomer among the powerfully successful group of magazines constituting the Macfadden Publications, Inc.

Below is a schedule of the actual contents of the first issue. We ask you to read it carefully because it will give you a specific idea of the scope and appeal of the first magazine ever published to devote itself exclusively to the interests of women—and to nothing else.

As you read over the names of the stories and articles appearing in "Beautiful Womanhood" for September, you cannot help but realize that at last a magazine has been published that every woman will welcome as being peculiarly her own.

At the foot of this page is a form provided for your convenience. We hope that you will use it. The regular subscription price is \$3.00 per year but if you enter your subscription at once you will receive "Beautiful Womanhood" for the balance of this year and all of next—16 issues for the price of 12—a saving of \$1.00.

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Beautiful Womanhood for September



# Your Success Will be Measured by your Ability to **THINK!**

Learn HOW to Think—Quickly, Clearly,  
Accurately. It Will Mean Position, Power,  
and Prosperity to You. New, Easy, Practical  
Method Sent on 5 Days' FREE TRIAL

**E**VERY successful man has been a thinker. When smaller men have been unable to solve the problem ahead, the big fellows have thought their way out. Call to mind the Schwabs, the Hills, the Morgans, the Washingtons, the Napoleons, the Caesars—all of them thinkers, all of them able to plan a thing through to the desired goal.

Ask yourself what has made the successful men of your acquaintance.

It isn't hard work, though that is sometimes necessary.

It isn't mere knowledge, though that is always useful.

It's the ability to think, to plan, to decide. Without thinking you cannot accomplish anything worth while. If you can think quickly, clearly, accurately, you have the key to success pointed straight for the lock.



## The First Step Toward Your Success

The ability to think is not a matter of education so much as it is of exercising powers you *already possess* in the way that *always* brings the desired results.

This is something anyone can learn—easily acquired mental habits that automatically give you careful, logical analysis; sure, precise discrimination; quick, positive decision.

And as soon as you have learned these mental habits you at once become more efficient, capable of handling any situation with success, bound to command more money and all the advantages that go with it, no matter what your present occupation may be.

The indecision, the diffidence, the blank feeling that overwhelms most men when called upon to face an unusual contingency, are due to their inability to use their own brains effectively. Learn how to use your own innate powers to the full. The qualities that make for success are latent in *every* man.

Learn how to exercise them, to develop them, to bring them out. It's the first step.

### The Practical Advice You Want

We have prepared a new, easy, thoroughly practical method that you can examine without obligation to yourself if you will simply fill out and mail the coupon below. This method is the ripe fruit of the combined knowledge and practical experience of three unusual men, all highly successful in their own chosen fields.

Mr. Karl V. S. Howland, President of The Independent Corporation, has contributed to it from his vast store of uniquely successful business experience.

Mr. David M. Roth, author of the famous Roth Memory Course, has added his deep and comprehensive knowledge of the powers and workings of the human mind.

Lastly, Dr. Frederick Houk Law, distinguished author of "Mastery of Speech," was called upon to add the results of much study of the mental traits and methods of different types of people, and to see that the material was presented in a clear and simple manner.

### Brings Sure Advancement

This fascinating new method, published under the title of the Roth Course in Mental Power, will be a revelation to you. You will find it one of the most stimulating and inspiring things you ever read. It will show you the sure way—and an *intensely interesting and exciting way*—to get ahead.

- make more money
- rise to more responsible positions

- win respect and admiration
- acquire more and more of the rewards of success
- give your family the things you have always wanted them to have.

In short, it will show you how to multiply your power of accomplishment by multiplying your own innate powers. It will give you the precise help you need right now. You cannot read it without becoming a bigger, broader, more capable man. And you will be astonished at the rapidity with which you will advance under its guidance.

### Send No Money

We do not ask you to accept *our* word for all we have said. So confident are we that we offer you just what you need to start you on your way to the top that we will send the entire course of 18 large, well-printed booklets post-paid on approval, without one cent from you.

Examine the booklets for five days at our risk. Then if you find the course all we have claimed it *and more*, send us only \$5.00, and the course is yours. If not, return it to us and you will not be one penny out.

Fill out the coupon NOW. It will be your start. Mail it this very evening and we will promptly send you the course. Then let others watch your dust. The Independent Corporation, Dept. RM-249, 22 West 19th St., New York.

### The Independent Corporation,

Dept. RM-249, 22 West 19th St., New York

Gentlemen:—In accordance with your offer send me postpaid and without obligation to me the Roth Course in Mental Power, consisting of 18 booklets. Five days after receipt I will either send you \$5.00 as payment in full for the course, or will mail it back to you.

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P. C. 9-22





# "NERVES"

A subtle and dangerous malady which is undermining the vitality of the American Nation

By PAUL von BOECKMANN

"NERVES"—We hear it everywhere. The physician tells his patient—"It's your Nerves." Sensitive and high-strung women complain of their "Nerves." You see evidence of "Nerves" everywhere—in the street, in the cars, in the theatre, in business, and especially in your home—right in your own family.

We Americans are a nation of nervous people. This is known the world over. Our own Nerve Specialists admit it. It is caused by our "Mile-a-Minute" life; the intenseness of our Natures in everything we do. It is making us the most progressive nation on earth, but it is also wrecking our people. Our crowded insane asylums prove it. Medical records prove it.

Millions of people have sub-normal Nerve Force, and consequently suffer from endless organic and physical troubles, which make their lives miserable.

What is meant by "Nerves?" By "Nerves" is meant Nerve Exhaustion (Neurasthenia), lack of Nerve Force. What is Nerve Force?

We might as well ask "What is electricity?" We do not know. It is the secret of Nature. We do know that it is the vital force of life, a mysterious energy that flows from the nervous system and gives life and energy to every vital organ. Sever the nerve which leads to any organ and that organ will cease acting.

The wonderful organ we term the Nervous System consists of countless millions of cells. These cells are reservoirs which store Nerve Force. The amount stored represents our Nerve Capital. Every organ works incessantly to keep the supply of Nerve Force in these cells at a high level, for life itself depends more upon Nerve Force than on the food we eat or even the air we breathe.

If we unduly tax the nerves through overwork, worry, excitement, or grief, if we subject the muscular system to excessive strain, or, in any way, consume more Nerve Force than the organs produce, the natural result must be Nerve Bankruptcy, in other words, Nerve Exhaustion, Neurasthenia, or "Nerves."

There is but one malady more terrible than Nerve Exhaustion—its kin, Insanity. Only those who have passed through a siege of Nerve Exhaustion can understand the meaning of this statement. It is HELL; no other word can express it. At first, the victim is afraid he will die, and, as it grips him deeper, he is afraid he will not die—so great is his mental torture. He becomes panic-stricken and irresolute. A sickening sensation of weakness and helplessness overcomes him. He becomes obsessed with the thought of self-destruction.

Nerve Exhaustion is not a malady that comes suddenly. It may be years in developing and the decline is accompanied by unmistakable symptoms, which can readily be recognized.

The symptoms of Nerve Exhaustion vary according to individual characteristics, but the development is usually as follows:

**FIRST STAGE:** Lack of energy and endurance; that "tired feeling," especially in the back and knees.

**SECOND STAGE:** Nervousness; sleeplessness; irritability; decline in sex force; loss of hair; nervous indigestion; sour stomach; gas in bowels; constipation; irregular heart; poor memory; lack of mental endurance; dizziness; backache; headaches; neuritis; rheumatism, and other pains.

**THIRD STAGE:** Serious mental disturbances; fear; undue worry; melancholia; dangerous organic disturbances; suicidal tendencies, and, in extreme cases, insanity.

How often do we hear of people, running from doctor to doctor, seeking relief from a mysterious "something the matter" with them, though repeated examinations fail to show that any particular organ is weak or diseased. How often do we hear of people racking their brains, trying to discover the reason of their failure in business, in a pro-



Paul von Boeckmann

Author of Nerve Force and scores of other books on Health, Psychology, Breathing, Hygiene and kindred subjects. Over a million of his various books have been sold during the last 25 years.

Prof. von Boeckmann is the scientist who explained the nature of the mysterious Psycho-physic Force involved in the Coulton-Abbott Feats, a problem that had baffled the leading scientists of America and Europe for more than thirty years, and a full account of which has been published in recent issues of Physical Culture Magazine.

fession, love, or any undertaking. They would give anything to lay their finger on the stumbling block of their lives—the door that locks out their ambitions, the wall that blocks their progress. The answer is: Lack of Nerve Force. In short, Nerve Force means Life Force—Brain Force—Vital Force—Organic Force—Dynamic Force—Personal Magnetism—Manliness and Womanliness.

No man WITH Nerve Force has ever stood in a bread line.

No man WITH Nerve Force has ever been down and out.

No man WITH Nerve Force has ever acknowledged himself "licked."

No man WITH Nerve Force has ever failed to attain success.

This, of course, applies to women as well as men.

And, on the other hand, WITHOUT Nerve Force no person of either sex in any walk of life has ever reached the top, has ever achieved success, or has ever gotten the fullest enjoyment from life itself. WITHOUT an abundant supply of Nerve Force our lives are wrongly adjusted, we fail to utilize our full powers, and we cheat ourselves of our birthright of health and vigor.

"A sound mind in a sound body" depends upon sound nerves. And to be a WINNER, even in a small way, demands, first of all—NERVE FORCE.

If your NERVES have reached any of the three stages of depletion, you ought to take immediate steps to determine the cause and to learn what to do to build up your Nerve Force.

I have made a life study of the mental and physical characteristics of nervous people, having treated more cases of "Nerves" during the past 25 years than any other man in the world (over 90,000). My instruction is given by mail only. No drugs or drastic

treatment of any kind are employed. My method is remarkably simple, thoroughly scientific, and always effective.

I shall agree to send you further information regarding my system of treatment FREE and without any obligation on your part. Everything is confidential and sent sealed in a plain envelope.

You should read my 64-page book, "NERVE FORCE." The cost of this book is only 25 cents (coin or stamps). The book is not an advertisement of any treatment I may have to offer. This is proved by the fact that large corporations have bought and are buying this book from me by the hundreds and thousands for circulation among their employees—Efficiency. Physicians recommend the book to their patients—Health. Ministers recommend it from the pulpit—Nerve Control, Happiness. Never before has so great a mass of valuable information been presented in so few words. It will enable you to understand your Nerves, your Mind, your Emotions, and your Body for the first time.

Read the book at my risk, that is, if it does not meet with your fullest expectations, I shall refund your money PLUS your outlay for postage. My advertisements have been appearing in this and other standard magazines for more than 20 years. This is ample evidence of my integrity and responsibility.

The following extracts are quoted from letters written by people who have read the book:

"I have gained 12 pounds since reading your book, and I feel so energetic. I had about given up hope of ever finding the cause of my low weight."

"I have been treated by a number of nerve specialists, and have traveled from country to country in an endeavor to restore my nerves to normal. Your little book has done more for me than all other methods combined."

"Your book did more for me for indigestion than two courses in dieting."

"My heart is now regular again and my nerves are fine. I thought I had heart trouble, but it was simply a case of abused nerves. I have reread your book at least ten times."

A woman writes: "Your book has helped my nerves wonderfully. I am sleeping so well and in the morning I feel so rested."

"The advice given in your book on relaxation and calming of nerves has cleared my brain. Before I was half dizzy all the time."

A physician says: "Your book shows you have scientific and profound knowledge of the nerves and nervous people. I am recommending your book to my patients."

A prominent lawyer in Ansonia, Conn., says: "Your book saved me from a nervous collapse, such as I had three years ago. I now sleep soundly and am gaining weight. I can again do a real day's work."

PAUL von BOECKMANN

110 W. 40th St., Studio 17, New York, N. Y.

Dear Sir: I desire to investigate your method, without obligation of any kind. (Print name and address plainly.)

Name.....

Address.....

Enclose 25c if you wish the book





# Can You Make Them Say "Yes"?

*If you can, your success is assured, for the ability to convince others is the real secret of achievement*

**S**TUDY the little pictures at the top of this page.

They show people, who, in various ways, are practicing the art of persuasion. They show people who are trying to get others to do what they want them to do—trying to get them to say "Yes" instead of "No."

Upon what does their success depend?

Just one thing—words.

For no matter whether you are an employer or an employee—no matter what line of work you are in—no matter whether you are selling goods, buying goods, negotiating a loan, collecting money, applying for a position or asking for an increase in salary, you must do it with words.

Therefore, whether you succeed or fail depends upon the words you use and how you use them.

Words are your only medium of expression. They are the tools with which you work.

Do you know how to use them?

## Learn to Use Words that Win

**T**HE most important thing for you to learn—for everybody to learn—is to express yourself in words of such forceful effectiveness that you dominate every business situation. Such knowledge will enable you to get ahead faster—and earn more money than any other power you can possess.

As soon as you have acquired a command of constructive, compelling words you will be able to get a good or a better position

- secure an increase in salary
- successfully handle important business deals
- make bigger sales and more of them
- explain embarrassing mistakes
- collect money
- secure financial and other favors
- attract worth-while friends
- win the admiration and regard of those you care for.

The ability to use vivid, persuasive words can easily double your power of accomplishment by simply doubling your capacity to influence others.

It will give you the power to persuade which is the real secret of success.

## Wrong Words vs. Right Words

**W**HY didn't I make that sale?

Why didn't that circular bring more orders?

Why didn't that ad sell more goods?

Why didn't that collection letter bring in more money?

Why didn't my sales talk "get across"?

Why didn't I convince him (or her) that my way was best?

You have asked yourself just such questions.

You have often wondered why you were unable to make more people do the things you wanted them to do.

What you said or what you wrote seemed to be "good stuff." But for some reason it didn't do what you expected it to do. Your words failed to interest the man you were after.

The words you used didn't arouse him and compel him to take favorable action. They didn't hit the bull's-eye. They didn't "get across." They failed to "bring home the bacon."

You may have expressed yourself clearly enough. Your grammar may have been all right. There was nothing about your message that was hard to understand. Yet the results were not satisfactory. It all seems like a mystery.

But there is nothing mysterious about it.

What you said or wrote was not expressed in the right words. You failed to tell your story in words of power and conviction that *interest, persuade and compel* favorable results. You failed to use words of *vigor and force* that stir people's emotions in a way that makes them act.

Here is the simple explanation. You have something to say. You have enough words in which to say it. But you have failed to use the *right words in the right way*—in a

way that gives *life, spirit, truth and power* to your message.

It is just the difference between clear, positive, virile language and hazy, negative, insipid talking and writing. It is the difference between *weak words* and *strong words*—*vivid words* and *dull words*—*active words* and *passive words*—*brave words* and *timid words*—*clear words* and *foggy words*—*live words* and *lifeless words*.

## The Important Secret

**T**HE secret of persuasion and conviction—*the secret of making people say "Yes" instead of "No"*—the secret of getting bigger jobs—making more sales—moving faster and climbing higher—the secret of all success—is learning to use the *right words in the right way*.

It is the secret that will make you a *winner* instead of a *loser*—a *leader* instead of a *laggard*—a *captain* instead of a *private*—an *order-giver* instead of an *order-taker*.

It is the secret that banishes *embarrassment, timidity and fear* and produces *poise, confidence and courage*.

It is the thing that changes *unpopularity into popularity*.

It is the thing that enables ambitious men to climb to the topmost rung of the Ladder of Achievement, obtaining money, power, position, fame and friends.

And there is nothing strange or mysterious about it.

It is simply the "knack" of expressing yourself in clear, powerful, magnetic words that makes people do what you want them to do.

It is being able to present your proposition—*no matter what it is*—clothed in words that secure attention, interest and conviction.

And it is one of the most important things for you to learn, for it equips you with an instrument of achievement that means sure and rapid advancement in every activity of your life.

## Send for Free Booklet

**L**ET us send you—without any cost or obligation—a copy of a new booklet entitled *The Secret of Making People Say "Yes."*

We positively guarantee that as soon as you read any one page of it you will say it is the most interesting, informative and helpful booklet you have read in many a day.

If you had to shut up shop, take a week off and walk ten miles to get a copy of this booklet, you would never regret it.

But you don't have to go to all that trouble. To sign, clip and mail the coupon is but the work of an instant. And you get the booklet without charge or obligation of any sort.

Send for a copy without a minute's unnecessary delay. It contains the most fascinating facts about words that you ever read. It will make clear to you what Emerson meant when, in speaking of the great power of words, he said: "No man has a prosperity so high or firm, but that two or three words can dishearten it; and there is no calamity which right words will not begin to redress."

This booklet makes plain the difference in wrong words wrongly used and right words rightly used.

It shows how *wrong words* producing *wrong impressions* bring *wrong results*. And how *right words* producing *right impressions* bring *right results*.

And it shows you how easy it is to acquire a knowledge of words and a deftness and skill in their use which is the real secret of social and business success.

## Act at Once

**D**O not put off sending for this important booklet. Although we have printed a big edition—25,000 copies—it won't last long. Therefore act at once if you want to be sure of getting a copy.

Do not make the foolish mistake of judging the value of this booklet by the fact that you get it for nothing. As soon as you read it you will say that it is worth more to you than many books for which you paid a big price.

While there is no way of telling in advance the real importance of this booklet to you, you must realize that if it does nothing more than show you the difference between *right and wrong words* and their *right and wrong uses*, it will be of immeasurable value every time you open your mouth or "take your pen in hand."

So, mail the coupon now. Or, if more convenient, send a post card. Independent Corporation, Dept. BE 249, 22 West 19 Street, New York.

## Use this Coupon

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Dept. BE 249, 22 West 19 St., New York

Gentlemen: Please send me without cost or obligation a copy of your new booklet *The Secret of Making People Say "Yes."*

Name.....

Address.....P. C. 9-22



# How I Saved My Hair!

## The Tragedy of Baldness

By ALBERT WOODRUFF

WHEN the barber told me my hair was getting thin and let it go at that. When my wife said, "Bert, I do believe you are becoming bald," I gave a little laugh and passed it off with a jesting remark. I took the gibes of my friends in the same spirit—and I laughed when the comedian at the theatre made his "cracks" about candidates for the "bald-headed row."

But it wasn't until my business associates commenced to notice that I was rapidly becoming bald and gray that I worried. For while I was just as full of pep and vim as I had ever been—while my business judgment was just as keen as ever, yet I worried for fear my associates might think of me as heading toward the "has been" class. I decided to try to save my hair—if it could be saved.

Then I became a slave to hair tonics. If a tonic was new I bought it on sight. I tried every kind of shampoo that I heard of. I was a victim of the barber's wiles. The money I spent—and all to no purpose. My hair continued to come out just as fast as it ever did before I had tried to stop it. Every time I combed my hair it told the story.

### How I Prevented Baldness

One day I read a very interesting advertisement by the celebrated Physical Culturist, Bernarr Macfadden. Now, it so happened that I had seen Mr. Macfadden several times and I knew that he himself had wonderful thick hair. Naturally I was interested—although it was news to me that Mr. Macfadden had made a study of the hair and had written a book on the subject, entitled, "Hair Culture."

In the advertisement Mr. Macfadden said he was amazed to learn how little really authoritative information had been written

about the proper care of the hair and scalp. He said that one need not let the hair grow thin and gray. He said that if the hair is falling out or getting gray a reasonable amount of proper care will restore it, unless one is completely bald. And this same care will keep the hair strong and healthy throughout life. He spoke of simple, natural and effective methods for treating the hair and scalp by following a few laws of nature. Then he casually mentioned that he was startled at the tremendous demand that existed for his comprehensive work. In fact, the first edition of his treatise was very quickly sold and a new edition had to be printed to take care of the orders that were flooding in on each mail.

I made up my mind right then that since Mr. Macfadden had written the book it was sure to be very practical—and the fact that so many had been sold clearly proved to me that the treatise must be filling a popular demand.

So I just jotted my name and address down on the coupon and returned it. When



"Only a short while ago my hair was falling out by combfuls, yet today I have fine, thick hair, with not the slightest trace of baldness or dandruff."

you will examine the book I am quite sure that you will agree with me that it is one of the most valuable—if not the most valuable—and instructive book ever written on Hair Culture.

Albert Woodruff.

### Send No Money

If you would like to take Mr. Woodruff's advice we will gladly let you examine "Hair Culture" for yourself, without obligation, and see how easily you can follow the methods that should bring new life, new lustre and luxuriance to your hair. Don't send one cent in advance—just fill in and return the coupon and the book will come to you by return mail. When the postman hands it to you, deposit only \$2.00 with him. Then after you have kept "Hair Culture" for 5 days—after you have tested the methods—if you are not absolutely satisfied return the book to us and your money will be promptly refunded. If, however, you decide to keep this remarkable book, as you surely will, there are no further payments of any kind to be made—the book becomes your property for the one sum of \$2.00 which you deposited with the postman.

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Without obligation on my part, please send me a copy of Bernarr Macfadden's Book, giving me all of Nature's simple methods for preserving and beautifying the hair. I will pay the postman \$2.00 on arrival, but I also have the privilege of returning the book if I desire and you will refund my deposit.

Name.....

Address.....



### Women! Keep Your Hair Youthful

If your hair is graying prematurely you have every reason to hope that it can be stopped and that much can be done toward restoring it to its original youthful and becoming color.

If it is losing its luxuriant quality and glossy sheen the few simple rules taught by Bernarr Macfadden in his new book HAIR CULTURE will enable you to bring about an almost unbelievable improvement. Why spend time and money at the hair dresser's when you can give your hair a better home treatment in only a few minutes a day by this new method? You can easily have hair that is wonderfully silky in texture and your scalp can be cleansed of every trace of dandruff or scurf.

I received the book on five days! Free examination I immediately read it very carefully and that very same night I started to follow the few simple rules. I must confess that within a very short time I noticed a decided improvement in the growth of my hair—it became thicker and more glossy. Then dandruff disappeared. Today, after following the rules laid down in this new method, I have just as fine a head of thick hair as you would see on any man—even a young man of eighteen or twenty has no thicker or glossier hair than mine. In fact, many haven't anywhere near such fine hair. The grayness has all disappeared and my hair has the glowing color of youth. My wife and children also adopted the rules which we discovered in Mr. Macfadden's treatise entitled "Hair Culture" and their hair is the admiration of all their friends. If

### Bernarr Macfadden's Secrets of Hair Culture

These chapter titles will give you an idea of the scope and value of this remarkable book.



Bernarr Macfadden. Note his thick, luxuriant, healthy hair

Superfluous Hair  
Hair tonics.

Hair as an attribute to beauty.

Facts everyone should know about hair.

Care of healthy hair.

How to care for baby's scalp.

Facts about soaps and shampoos.

The cause of hair troubles.

Dandruff.

Dry Hair, Oily Hair, Split Hair

Falling hair.

Baldness.

Gray Hair.

Hair Dressing.

Eyebrows and Eyelashes.





# Have You As Good a Memory As this Elephant?

AT the New York Hippodrome people have been amazed by the marvelous acts of Captain George Powers' elephants.

In the famous Baseball Scene the elephants actually play a game of ball. All the hundred and one little motions are gone through just as you see them on the baseball diamond. The ball is actually thrown from the pitcher's trunk and cleverly caught by the trunk of the catcher. The batsman keeps his eye on the ball, swings when he gets one to suit him and runs when he makes a good clean hit. Many little side plays take place, the signals of the catcher, the whispered conferences between catcher and pitcher, the scraping of the feet, the pounding on the plate and various signs of impatience on the part of the ponderous batsman.

No instructions are given by the trainer—they are not needed. For an elephant never forgets. These animals know nothing about the significance of the game they play—it is purely a demonstration of their extraordinary powers of memory. The Baseball Scene was put on at one time, after a lapse of 4 years, WITHOUT A REHEARSAL, and not a single little by-play had been forgotten.

Nature has given the Elephant miraculous memory powers which might well be the envy of the average man or woman. Yet, if one knows how, one can easily and quickly attain a retentive memory beside which the memory of any animal would be insignificant.

## Cuvier's Marvelous Memory

The famous Cuvier, for example, knew the secret. When a large part of a book of accounts has been destroyed by fire he restored the several thousand figures accurately from memory without a single error. Such feats for most of us seem like an almost supernatural development. Yet you will probably be surprised to know that in one single evening any one can master the secret of a "mind which never forgets."

## An Amazing Experience That Brought Thousands of Dollars

Let Mr. Victor Jones tell of his experience in finding out about this astonishing secret:

"As we went into the banquet room," Mr. Jones relates, "the toastmaster was introducing a long line of guests to Mr. Roth. I got in line and Mr. Roth asked me: 'Mr. Jones, what are your initials, your business connections and your telephone number?'"

"Why he asked this I learned later, when he picked out from the crowd the 60 men he had met two hours before, and called each one by name without a mistake. What is more, he named each man's business and telephone number for good measure."

"He did many other amazing things. He called back long lists of numbers, stock quotations, bank clearings, parcel post rates, etc., that were read out to him. A pack of cards were shuffled, then the names of the cards in their present position were called out to him. He turned his back toward the cards and instantly named the cards in the order in which they now stood in the pack. Then named them in reverse order."

"When I afterward complimented Mr. Roth on these marvelous feats, he said, 'You can do this just as easily as I do. You can learn quickly to remember anything you wish—names, faces, facts, figures, business data, articles you've read, etc.'"

## Learn the Secret in One Evening

"I can teach you the secret of a good memory in one evening," Mr. Roth continued. "I have done this with thousands. In the first of seven simple lessons which I have prepared so that any one can follow them at home, I explain the basic principle of my whole system. Best of all, it doesn't seem like work or study. It's like playing a fascinating game."

"Well, I could hardly wait until the next day to get his course from his publishers, the Independent Corporation. When I tackled the first lesson I was the most surprised man in 48 states. I found that in one hour I had learned how to remember a list of one hundred words, so that I could repeat them forwards and backwards without a single mistake! And it was but a question of days before I learned to do exactly what he had done. At first I amused myself with my new-found ability by amazing people at parties. My 'memory-feat,' as my friends called it, surely made a hit, and I was showered with invitations for all sorts of affairs. If anyone were to ask me how quickly to develop social popularity, I would tell him to learn my memory 'feat.'"

I discovered that my memory training had literally put a razor edge on my brain. My mind had become clearer, quicker, keener. I was fast acquiring that mental grasp and alertness I had so often admired in men who were spoken of as 'wonders' and 'geniuses.' Formerly I never could think of things to say until the conversation was over. But now I can think like a flash. I never have to hesitate for the right word or the right thing to say.

## Brought Business Advancement

"It wasn't long before my new-found ability to remember things attracted the attention of our president. He got in the habit of calling me in whenever he wanted facts about the business. He said: 'You can always tell me instantly what I want to know, while the other fellows annoy me by saying 'I'll look it up.'"

"In fact, my newly acquired memory power has been of the greatest value in my business career. Very substantial and steady increases in my salary are directly due to the secret I learned from Mr. Roth."

"I could tell hundreds of ways I have profited by my trained memory. No longer do I suffer the humiliation of meeting men I know and not being able to recall their names. The moment I see a

# 400,000

people have paid \$5 or \$7 for one of our Self-Improvement Courses—and remember no one was asked to pay until he had five days to examine the course in his own home.

Until the Independent Corporation published the "Roth Memory Course," "Paragon Shorthand," "Mastery of Speech," "Drawing, Art and Cartooning," "Reading Character at Sight," "How to Write Stories," "Super-Salesmanship," and other personal development courses, where could any one buy similar courses for less than \$15 to \$75?

Because we want to add two hundred thousand more names to our list of satisfied customers at an early date, we are making a

# SPECIAL PRICE, \$3

(Regular Price \$5)

Others sell from \$15 to \$75

Act quickly as this special opportunity may be open for only a short time. Many purchasers have written letters similar to Robert P. Downs, of Detroit, Mich., who recently wrote

"I can't see how you ask so little, while others with far inferior courses get from \$20 to \$80 for theirs."



man his name flashes to my mind together with a string of facts about him. I always liked to read, but usually forgot most of it. Now I find it easy to recall what I have read. I can now master a subject in considerably less time than before.

"You can well imagine that I would not take thousands of dollars for the benefits I have derived from Mr. Roth's little course on Memory."

Victor Jones.

## Make This Test—Free

So confident is the Independent Corporation, the publishers of the Roth Memory Course, that once you have an opportunity to see in your own home how easy it is to discover in a few short hours how to double, yes, triple your memory power, that they are willing to send the course on free examination.

Don't send any money. Merely mail the coupon or write a letter and the complete course will be sent, all charges prepaid, at once, so that you may take advantage of the special price and save \$2.00. If you are not entirely satisfied send it back any time within five days after you receive it and you will owe nothing.

On the other hand, if you are as pleased as are the thousands of other men and women who have used the course send only \$3, in full payment. You take no risk and you have everything to gain, so mail the coupon now before this remarkable offer is withdrawn. Independent Corporation, Dept. R-249, 22 West 19th St., New York.

— - -FREE EXAMINATION COUPON— - -

## Independent Corporation

Dept. R-249, 22 West 19th St., New York

Gentlemen—Please mail me the "Roth Memory Course" for 5 days' free trial. If I decide to keep it, I will remit \$3 in full payment. Otherwise I will return it to you within 5 days. It is understood that the coupon puts me under no obligations whatsoever.

Name.....

Address..... P. C. 9-22



# Why Should Women Be The Playthings of Chance?

New books, just published, contain a revolutionary treatment of the psychology of attraction—show how even the most attractive women often fail to use more than a fraction of their real power, and tell how every woman, by learning to use this power, can increase tenfold her ability to fascinate her associates

Few women realize the source of their own powers of attraction. Even the most beautiful, even the most fascinating, charm only a tenth of the number of men whom they could charm if they knew their own powers; while the average girl, with a choice of only one or two men, is really ignoring a tremendous power within her that could give her the choice of a dozen. From the most attractive to the most retiring, all women, practically, are like the heiress who does not know how to write a check,—who goes hungry with idle millions awaiting her command. They do not know how to use their own powers.

Every woman knows, even the most lovely and the most popular, that although she can attract a certain number of men, there are others for whom she seems to have no attraction at all. Often the very man who seems the most desirable, the real man she has always been waiting for, is among those whom she cannot attract. All her beauty, all her loveliness, all the attractiveness which brings other men to her feet, seems of little avail in winning this particular man. The simple truth is—that her attraction for other men is simply accident and luck. She herself has no control over it. When a situation confronts her in which accident and luck are not in her favor, she is utterly helpless—she has no plan, no method, no art, and no knowledge. She knows that she has within her a power to attract men, because she has attracted other men, but SHE DOES NOT KNOW HOW TO USE THAT POWER TO ATTRACT THIS PARTICULAR MAN.

Those women—often lacking in facial beauty—who seem to have the world of men at their feet, are simply women who know how to use the power that is within them. This power is in every woman, ready, waiting to be called out and used—but not one woman in a hundred

realizes it, and not one woman in a thousand appreciates the IMMENSITY of that power, its ability, when understood and used, to win the heart of any man. When properly guided and developed, this power can give to any woman, not the BEGGAR'S choice of only one or two men, but the QUEEN'S choice of the best her community has to offer—the choice of those who seem above all others in worth and ability.

## Why Be the Plaything of Chance?

No really intelligent woman ought to be satisfied with leaving this power **uncontrolled**. No self-respecting woman should depend upon **accident, instinct, and luck** in attracting the man of her choice. Let **knowledge** take the place of accident, **intelligence** take the place of instinct, and **aim, plan and method** the place of luck. To those proud women who refuse to look upon themselves as the playthings of Chance, who propose to be the masters of their own destinies, we offer a remarkable set of books entitled

## "The Art of Attracting Men"

These books reveal how every woman, in winning a man's heart, shows certain qualities of character, and practices certain principles. Sometimes she acts instinctively and unconsciously, sometimes purposefully and consciously, but she can never win him, either consciously or unconsciously, **unless she practices those principles**. Her methods are based upon a psychology as old as the race, upon long-established and well-known prin-

ciples of human nature. When she understands these principles and chooses to practice these methods, she can be just as certain of attracting the man of her choice as she is that two and two make four.

These books further show how the qualities inherent in every good woman can be made the most potent charm of all. They instruct her in the little devices, stratagems, and artifices by which bewitching women, ever since the days of Ruth, have been making men understand the real loveliness of their natures, the beauty of their characters, and the need for their companionship. They give to the modest, home-loving girl the advantage of knowing how to appeal in the **RIGHT** way to men—of understanding the innocent little tricks and devices that appeal to them most—of appreciating the peculiarities of human nature in men which make them easy to win. They give to **deserving** girls the **knowledge** and the **power** to win men away from the **undeserving**.

## Stop Making Mistakes

Many women, without knowing it, do the very things that cause men to lose interest in them. This course in the art of winning men shows how human nature works in men; how certain traits, usually overlooked by the women themselves, inspire liking, and how other habits, of which few women suspect the importance, can make any woman, no matter how beautiful otherwise, disagreeable in men's eyes. In fact, many women, not understanding **HOW DIFFERENT** human nature in men is from human nature in women, drive away even those men who are at first attracted to them.

This course discloses how in every woman, placed there by nature, is the latent power to fascinate men. Properly guided, she can call up this power, develop it, and use it effectively when and where she wills. She will learn hundreds of methods, modest but skillful, maidenly, but sure, for winning a man's adoration. She will learn the tremendous secrets that enable her to subordinate the comparatively trivial matters of dress, accomplishment, or physical beauty—how to be and how to reveal her **REAL SELF**—how to permit the man to glimpse the lovely **REALITY** hidden deep in her heart.

Any good mother should be glad to place this course in the hands of her daughter. It contains the things and only the things—that a live, self-respecting, modest and womanly woman ought to know about her own psychology, her own personality, her own God-given powers. There is not an offensive word or allusion in it. Its disclosures, its teachings, are all upon the highest plane.

When the average woman chooses to exert her powers she is irresistible



## Control Your Own Destiny

When the average woman develops her own latent powers and chooses to exert them, she is irresistible. She can employ a thousand little enticements, covertly but modestly bring into action a whole battery of feminine charms and graces, before which the average man is as defenseless as a baby. **YOU** have as much of this ability, this power, as most other women. Learn to use it, not by accident, not by chance, but with intelligence, understanding and method. Learn the art of fascinating men. Know what a wonderful thing it is to feel your own power, to be popular, sought after, and altogether bewitching at all times, to go everywhere, to join in all the good times, and to have choice of a dozen desirable men. Enjoy the greater social and business success, the eagerness of everyone to help and to please her, which the exceptionally fascinating woman always enjoys. Why let yourself be disappointed by lack of knowledge of the power that is within you? Why not employ the arts and the methods and the plans by which thousands of other women have been winning the hearts of men?

## Send No Money

Simply sign and mail the coupon below. The entire course of eight small books will then be sent you. When it arrives, deposit with the postman the small sum of \$3.00 (plus the few cents postage) in full payment, and the course is yours. (If likely to be out when the postman arrives, you may send payment with coupon, but this is not necessary.) Keep these wonderful books 3 days. Read them. Test them. Then, if for any reason you decide you do not want them, return the course to us and your money will be refunded instantly and without question. The course will be sent you in a **PLAIN WRAPPER**. Tear off this coupon, sign it, and mail it today. If you prefer to write a letter, copy the wording of this coupon on a post card or in a letter.

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**PSYCHOLOGY PRESS,**  
6360 Delmar, University City,  
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You may send, in plain wrapper, your course, in eight books on **THE ART OF ATTRACTING MEN**. I will pay the postman \$3.00 (plus postage) on arrival, which pays for the eight books in full. But if I am not satisfied, I have the privilege of returning the course within 3 days after I receive it and my money will be refunded instantly and without question.

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If apt to be out when postman calls, send \$3.15 with coupon and we will prepay the postage. Price outside the U. S. \$3.25 cash with order.  
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### THE SECRETS OF FASCINATING WOMANHOOD

### DO YOU KNOW

- The five stages of winning a man?
- The quality that inspires love?
- How homely women attract men?
- Why beautiful women sometimes fail?
- How to undermine the man's reserve?
- Why men are hard to win?
- Three qualities in men through which they are always won?
- The stratagems that win the notice of men?
- How to be teased?
- How to make the most of a picnic?
- Six ways to increase the man's interest?
- How the hesitating man is brought to action?
- Three ways to inspire the proposal?
- How to win favorable notice?
- How to remove the obstacles to marriage?
- The mistakes that drive men away?
- How a long engagement becomes a short time?
- How most men propose?

The answers to these and a thousand other similar questions are clearly and comprehensively revealed in this amazing set of books.



# Science Discovers the Secret of Caruso's Marvelous Voice

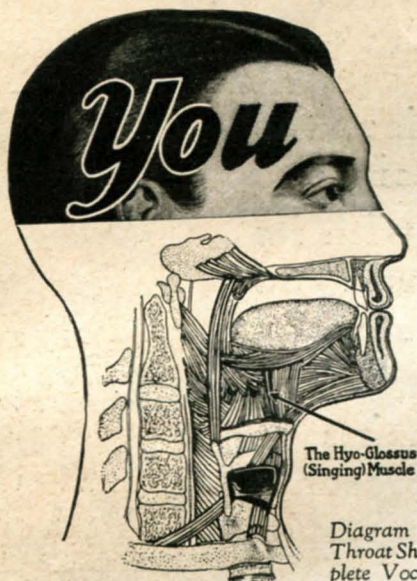


Diagram of the Normal Throat Showing the Complete Vocal Mechanism.

## Caruso's Throat and Yours

Why is it that the humble peasant boy of Italy became the greatest singer of all time? This diagram of his throat will show you. Caruso's marvelous voice was due to a superb development of his Hyo-Glossus muscle. Your Hyo-Glossus muscle can be developed too! A good voice can be made better—a weak voice become strong—a lost voice restored—stammering and stuttering cured. Science will help you.

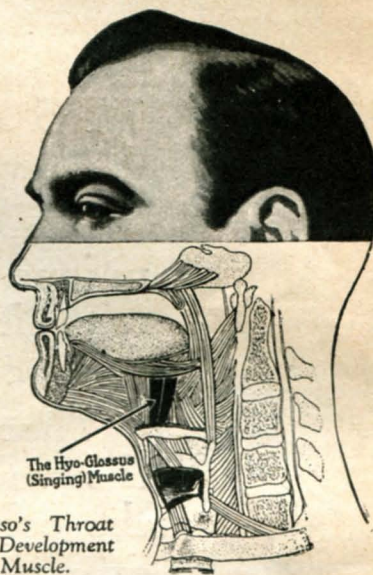


Diagram of Caruso's Throat Showing the Superb Development of his Hyo-Glossus Muscle.

## We Guarantee— Your Voice Can Be Improved 100%

EVERY normal human being has a Hyo-Glossus muscle in his or her throat. A few very fortunate persons—like the late Caruso—are born with the ability to sing well. But even they must develop their natural gifts. Caruso had to work many years developing that muscle before his voice was perfect. Whether your voice is strong or weak, pleasant or unpleasant, melodious or harsh, depends upon the development of your Hyo-Glossus muscle. You can have a beautiful singing or speaking voice if that muscle is developed by correct training.

### Prof. Feuchtinger's Great Discovery

Professor Feuchtinger, A. M.—descendant of a long line of musicians—famous in the music centers of Europe, Munich, Dresden, Berlin, Bayreuth, Vienna, Paris and Florence, for his success in training famous Opera Singers—discovered the secret of the Hyo-Glossus muscle. Dissatisfied with the methods used by the maestros of the Continent who went on year after year blindly following obsolete methods, Professor Feuchtinger devoted years of his life to scientific research. His reward was the discovery of the Hyo-Glossus, the "Singing Muscle." Professor Feuchtinger went even farther into the Science of Singing.

He perfected a system of voice training that will develop *your* Hyo-Glossus muscle by simple, silent exercises right in your own home.

### Grand Opera Stars Among His Students

Hundreds of famous singers have studied with Professor Feuchtinger. Over 10,000 happy pupils have received the benefits of his wonderful training.

There is nothing complicated about the Professor's methods. They are ideally adapted for correspondence instruction. Give him a few minutes each day. The exercises are silent. The results are sure.

The Perfect Voice Institute guarantees that Professor Feuchtinger's method will improve your voice 100%. You are to be your own judge—take this training—if your voice is not improved 100% *in your own opinion*, we will refund your money.

### A Beautiful Voice for YOU

You do not know the possibilities of your voice.

If you want to sing—if you have always felt that you could sing but lacked the proper training because you had not

the time nor the means to study—here is your chance. Professor Feuchtinger's course will improve your voice 100%. You can now learn to sing at a very small cost and in the privacy of your own home.

If you want to improve your speaking voice—if you stammer or stutter—Professor Feuchtinger will help you.

### Professor Feuchtinger's Book "Voice Culture" Free

Send us the coupon below and we'll send you FREE this valuable work on the Perfect Voice. Do not hesitate to ask. Professor Feuchtinger is glad to have us give you this book and you assume no obligations whatever by sending for it.

You will do yourself a great and lasting good by studying this book "Voice Culture." It may be the first step in your career. Do not delay. The number of these books is limited. Send for "Voice Culture" today.

### Perfect Voice Institute

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Please send me FREE Professor Feuchtinger's book "Voice Culture." I have put X opposite the subject that interests me most. I assume no obligations whatever.

☐ Singing ☐ Speaking ☐ Stammering ☐ Weak Voice

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# Are You Reading Midnight?

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# Are You a Business Coward?

—and—does it show in your pay-check?

"You've had your chance!" It was the General Manager speaking . . .

"—Two years ago I warned you that the only man who could hope to get ahead in this organization was the man with training.

"—Merwin was only a bookkeeper then, you remember, but in his spare time he was studying Higher Accounting. I knew what he was doing, and I told you then to keep your eye on Merwin.

"—He's had three raises since you and I had that little talk together. He has more than doubled his salary—and he earns every dollar I pay him.

"—Last week I recommended him for the office of Assistant Treasurer, and at the Board Meeting he was elected without a dissenting vote. I tell you we're mighty glad to have him in the group.

"—But you, Jarvis—I hate to say it—you're a business coward. You knew what you would have to do to get out of the small-pay class. You were simply afraid to face the kind of effort and responsibility that could get you a substantial salary.

"—And now it's too late. We've got to cut our overhead, and you're one of about three hundred men that we can get along without. We could replace the lot of you tomorrow.

"—For your own sake, Jarvis, take a tip from a man who has been thru the mill, and this time get busy and learn to do something better than the other fellow.

"—Our traffic manager, I don't mind telling you, is drawing better than \$100 a week. There's a good field for an ambitious man—and it's growing.

"—Then there's expert correspondence. If we could get a man who could create powerful and convincing sales letters and could train our people to write that kind of letters, he'd be cheap at \$5,000 a year. We'd pay him that right off the bat.

"—Jarvis, there's no end of opportunity for the young man in business; but the only man who cashes in these days is the man with the courage to get special training. The offices of this country are simply cluttered up with business cowards.

It's easy for the man who trains — because the business coward is thru before he starts."

\* \* \* \* \*

Are YOU one of several million routine men in the United States who have been drifting along in a "low-pay" job, week after week, month after month—always



wishing for more money, never acting?

Are YOU a business coward?

Over 350,000 ambitious men have asked themselves this question during the past twelve years—and replied with a ringing "NO!" In the quiet of their own homes, without losing an hour from work or a dollar of pay, these men have mastered the principles of business by working out the actual problems of business—under the direction of some of the ablest business men, in their respective fields, in America. Their record of achievement, under the "LaSalle Problem Method," is one of the most thrilling chapters in the romance of American business. During 3 months' time, for example, 1,089 LaSalle members reported salary increases resulting from training under the LaSalle Problem Method totaling \$889,713, an average increase per man of 56 per cent.

These men were able to progress more rapidly by means of the LaSalle "Problem Method" than they could have done in any

other way, because LaSalle, by virtue of its larger enrollment, has had a wider experience in perfecting methods of training men by correspondence for important positions than any other business-training institution.

Furthermore, they have profited from the privilege—extended to all LaSalle members—of consulting freely with any of its highly specialized departments, thereby availing themselves of authoritative information and expert counsel covering the entire range of modern business practice. This privilege is of practical and invaluable assistance to a man in entering upon a position of larger responsibilities. It gives the LaSalle member an advantage not to be had from any other institution.

Whatever attitude you may have taken in the past—and you may, indeed, have never realized that the difference between the man who "puts it off" and the man who "puts it over" is in the last analysis largely a matter of courage—show your determination to have done with business cowardice. Face the problem of your business future squarely.

Within reach of your right hand is a LaSalle coupon—and a pen. If the pen isn't handy, a pencil will do just as well. The coupon, checked and signed, will bring you without obligation a complete outline of the training you are interested in, a wealth of evidence as to what LaSalle training has done for hundreds of men in circumstances similar to yours, and full particulars of our convenient payment plan; also your free copy of the inspiring book, "Ten Years' Promotion in One."

It costs you nothing to get the facts—except the exercise of business courage. Will you put it off?—or put it over? Mail the coupon NOW.

## Outstanding Facts About LaSalle

Founded in 1908.

Financial resources more than \$7,500,000. Total LaSalle organization exceeds 1500 people—the largest and strongest business training institution in the world.

Responsible for perfecting the "LaSalle Problem Method"—recognized as the quickest and most practical method of business training known to educational science.

Numbers among its students and graduates more than 350,000 business and professional men and women, ranging in age from 20 to 70 years.

Annual enrollment, about 60,000.

Average age of members, 30 years.

LaSalle texts used in more than 400 resident schools, colleges and universities.

LaSalle-trained men occupying important positions with every large corporation, railroad, and business institution in the United States.

LaSalle Placement Bureau serves student and employer without charge. Scores of big organizations look to LaSalle for men to fill high-grade executive positions.

Tuition refunded in full on completion of course if student is not satisfied with training received.

## LaSalle Extension University

INQUIRY COUPON

LASALLE EXTENSION UNIVERSITY Dept. 9308-R CHICAGO, ILLINOIS

Please send me catalog and full information regarding the course and service I have marked with an X below. Also a copy of your booklet, "Ten Years' Promotion in One," all without obligation to me.

☐ Business Management: Training for Official, Managerial, Sales and executive positions.

☐ Salesmanship—Principles and Practice: Training for Sales and Advertising Executives, Solicitors, Sales Promotion Managers, Salesmen, Manufacturers' Agents and all those engaged in retail, wholesale or specialty selling.

☐ High Accountancy: Training for positions as Auditor, Comptroller, Certified Public Accountant, Cost Accountant, etc.

☐ Traffic Management—Foreign and Domestic: Training for positions as Railroad and Industrial Traffic Manager, etc.

☐ Law: Training for Bar; LL.B. Degree

☐ Railway Accounting and Station Management: Training for Railway Auditors, Comptrollers, Accountants, Clerks, Station Agents, Members of Railway and Public Utilities Commissions, etc.

☐ Industrial Management Efficiency: For Executives, Managers, Office and Shop Employees and those desiring practical training in industrial management principles and practice.

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☐ C. P. A. Coaching for Advanced Accountants.

☐ Commercial Law.

☐ Expert Bookkeeping.

☐ Business English.

☐ Commercial Spanish.

☐ Effective Speaking.

Name..... Present Position..... Address.....



# His simple invention has shown thousands how to break bad habits in English

How Sherwin Cody has been able, by means of a remarkable invention, to improve the speech and writing of thousands of people in fifteen minutes a day.

By Harry Sherman

**P**RACTICALLY all the many recipes for success can be summed up in this simple principle: *You must be able to make other people do what you want.* And how can you successfully command others to do what you want, how can you move others by inspiration, how can you persuade and convince—when your vocabulary is sadly limited and you cannot speak either fluently or correctly? In every field of endeavor, the outstanding men are those who speak and write with clarity and force. They may be known as "silent men." But when they *must* talk, they can do so! Their words then bite like chisels into the brains of other people, and their will is carried out!

## Why Most People Make Mistakes

What is the reason so many people are deficient in the use of English and find their careers stunted in consequence? Why is it some cannot spell correctly, and others cannot punctuate? Why do so many people find themselves at a loss for words to express their meaning adequately? The reason for the deficiency is clear. Sherwin Cody discovered it in scientific tests, which he personally gave to tens of thousands of people. *Most people do not write and speak good English, simply because they never formed the habit of doing so.*

## What Cody Did at Gary

The formation of any habit comes only from constant practice. Shakespeare, you may be sure, never studied rules. No one who writes and speaks correctly thinks of rules when he is doing so. For years it has been a crying disgrace! Here is our mother-tongue, a language that has built up our civilization, and without which we should all still be muttering savages! Yet our schools, by wrong methods, have made it a study to be avoided—the hardest of tasks, instead of the most fascinating of games!

In that point lies the real difference between Sherwin Cody and the schools! Here is an illustration: Some years ago, Mr. Cody was invited by William Wirt, author of the famous Gary System of Education, to teach English to all upper grade pupils in Gary, Indiana. By means of unique practice exercises, Mr. Cody secured more improvement in these pupils in five weeks than had previously been obtained by similar pupils in two years under old methods. There was no guesswork about these results. They were proved by scientific comparisons. Amazing as this improvement was, more interesting still was the fact that the children were "wild" about the study. It was like playing a game!



## 100% Self-Correcting Device

The basic principle of Mr. Cody's new method is habit forming. Anyone can learn to write and speak fluently by constantly using the correct forms. But how is one to know in each case what is correct? Mr. Cody solves this problem in a simple, unique, sensible way.

Suppose he himself were standing forever at your elbow. Every time you mispronounced or misspelled a word, every time you violated correct grammatical usage, every time you used the wrong word to express what you meant, suppose you could hear him whisper: "That is wrong, it should be thus and so." In a short time you would habitually use the correct form and the right words in speaking and writing.

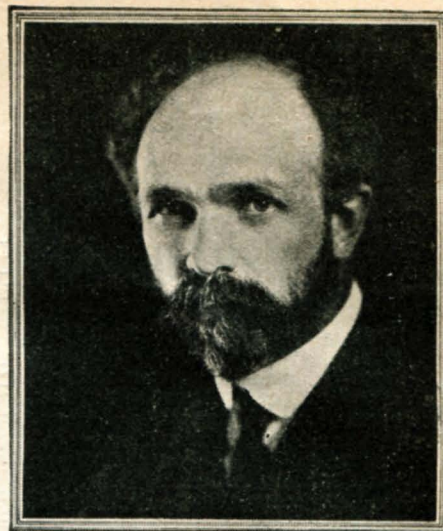
If you continued to make the same mistakes over and over again, each time patiently he would tell you what was right. He would, as it were, be an everlasting mentor beside you—a mentor who would not laugh at you, but who would, on the contrary, support and help you. The 100% Self-Correcting Device does exactly this thing. It is Mr. Cody's silent voice behind you, ready to speak out whenever you commit an error. It finds your mistakes and concentrates on them. You do not need to learn anything you already know. There are no rules to memorize.

## Only 15 Minutes a Day

Nor is there very much to learn. In Mr. Cody's years of experiment he brought to light some highly astonishing facts about English.

He had spent years *tabulating common errors* and he found, for instance, that a list of one hundred words (with their repetitions) *make up more than half of all our speech and letter writing.* Obviously, if one could learn to spell, use, and pronounce these words correctly, one would go far toward eliminating incorrect spelling and pronunciation. Similarly he proved that there were no more than one dozen fundamental principles of punctuation. If one mastered these principles, there would be no bugbear of punctuation to handicap us in our writing.

Finally, he discovered that twenty-five typical errors in grammar constituted nine-tenths of our everyday mistakes. When one has learned to avoid these twenty-five pitfalls, how readily one can obtain that



SHERWIN CODY

Suppose you could hear Mr. Cody correct your mistakes in English every time you made them? In a short time you would acquire the habit of using the correct form and the right word in speaking and writing.

facility of speech which stamps the person of breeding and education!

When the study of English is made so simple, it becomes clear that progress can be made in a very short time. *No more than fifteen minutes a day are required.* Fifteen minutes, not of study, but of fascinating practice! Mr. Cody's students do their work in any spare moment they can snatch. They do it riding to work or at home. They take fifteen minutes from the time usually spent in profitless reading or amusement. And the results are really phenomenal.

## Amazing Book on English Sent Free

It is impossible, in this brief review, to give more than a suggestion of the range of subjects covered by Mr. Cody's new method and what his practice exercises consist of. But those who are interested can find a detailed description in a fascinating little book called "How to Speak and Write Masterly English." This is published by the Sherwin Cody School of English, in Rochester. It can be had by anyone, free, upon request. There is no obligation involved in writing for it. The book is more than a prospectus. Unquestionably it tells one of the most interesting stories about education in English that have ever been written.

Sherwin Cody has really placed an excellent command of the English language within the grasp of everyone. Those who take advantage of his method gain something so priceless that it cannot be measured in terms of money. They gain a trademark of breeding that cannot be erased as long as they live. They gain a facility in speech that stamps them as educated people in whatever society they find themselves. They gain the self-confidence and self-respect which this ability inspires. And as for material reward, certainly the importance of good English in the race for success cannot be overestimated. Clearly no one can advance far without it.

If you are interested in hearing more in detail what Sherwin Cody can do for you, send for this book "How to Speak and Write Masterly English." Tear out the coupon now, so that you will not forget to write.

## Sherwin Cody School of English

89 Searle Building Rochester, New York

SHERWIN CODY SCHOOL OF ENGLISH

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# PHYSICAL CULTURE

## BERNARR MACFADDEN'S VIEWPOINT

### The Truth Will Make Us Strong

**T**HE main purpose of this magazine is to present truths about the physical man and woman.

We want people everywhere to know the value of the vitality building methods that we describe in various forms in every issue of this magazine.

We try to "smash" errors, wherever they can be found, without fear or favor.

As a Nation we are suffering from an appalling situation.

We are in the grasp of an allopathic medical monopoly. This commercialized profession controls, or at least influences, a large part of the editorial activities of our country.

If a German doctor discovers a serum or remedy for any of the serious diseases with which we are afflicted, it is usually heralded broadcast in the Press throughout the country.

But if a discovery is made that is invaluable in character, that does not come through the allopathic channels, it is given little or no publicity, for few editors will publish information of this sort.

In the Press of this country the healing art is represented exclusively by allopathic doctoring.

The average editor believes that he can deal with his readers in absolute honesty. On political questions he usually tries to tell them the truth, flavored with whatever prejudice he may have. On religion sometimes he is willing to be truthful. And he may be telling the truth as far as he knows it when he has occasion to refer to the healing art. But the average editor usually "side-steps" every bit of news that is derogatory in any way to the allopathic methods of healing.

And the readers of these publications rarely have an opportunity to learn the real truth. They have to come in direct personal contact with osteopathy, chiropractic, homeopathy, Christian Science, naturopathy, or other revolutionary methods of healing before they are able to reason clearly outside of allopathic channels.

Many of our editors are awakening. They have seen the "handwriting on the wall," and they are beginning to give their readers the benefits of the knowledge that is being presented by the irregular physicians.



### Encourage Courageous Editors

**L**ET us extend a helping hand to editors of this sort. They are truly brave men. They are not afraid their circulation will drop because they have lost favor with the allopathic doctors.

And it is about time for editors everywhere to realize that when they present such knowledge—knowledge that is often most tragically needed by their readers—it will be favored by a constantly growing class of thinking readers and that these people will be eager to stand by courageous editors to the very last ditch.

It takes a brave man to get out of the rut that most of us fall into. And leaders of public opinion, such as

ministers, lawyers and especially editors are compelled to use extraordinary care in their utterances. They are always afraid to offend what is usually termed the conservative element—the solid, substantial, stable citizens who stand for the old régime and fight every change, regardless of its nature.

A policy of this character may be commendable in many instances. But when life and health are at stake, old time prejudice should give way. The poor, struggling victims of disease should be given every possible opportunity to secure that greatest prize of life—health.

Now, take for example the revolutionary articles that we have recently published. Has the editor of your local paper given any space to these remarkable discoveries? Has he made any efforts whatsoever to ascertain whether or not the statements we have made are dependable? Within the radius of the reader's acquaintances there are probably several who have suffered or are still suffering. Among the readers of the paper that you daily peruse, there are undoubtedly a certain percentage who suffer from disease. They are adopting the old style method of treatment which often means lowered vitality.



### Editors Can Save Millions

**T**HE editors of the papers that you read every day can perform a service for their readers that is of incalculable value, by merely calling attention to these simple and yet astounding remedies for appalling diseases—remedies that can be used at home without expense or danger.

Some months ago I called attention to a number of experiments that we intended to observe; that we thought would prove beyond all possible doubt the curability of certain diseases through natural methods.

The experiments were observed as announced. The patients were supposed to continue the treatment from four to five months in order to complete their cure.

Now note the extraordinary results of these efforts. Several of them were in a serious condition. They all agreed to stay a length of time sufficient to effect a cure in their case. Some of them were unable to continue the fast as rigidly as required but practically every patient fasted a sufficient length of time to secure a good start on a diet that would help cleanse and purify their system.



### Patients Improved Too Fast

**B**UT the average patient did not remain more than four or five weeks. In all cases they were loud in their praises of the methods. In practically every case they maintained that extraordinary changes in their condition had taken place.

But the failure of the patients to continue for a sufficient length of time was due to the extraordinary simplicity of the treatment and to the wonderful results which each one of them acquired in the short time they were following it.

They naturally reasoned that if they could secure such an unusual change in their physical status within



a few weeks by methods that were so simple, there was no use in wasting more time. They would go home and continue their usual business and follow the diet, take the exercises and effect a cure of their case without further professional aid.

Their reasoning was correct and though at this writing but a short period has elapsed one letter has been received in which the patient states that he is in fine shape and that one Wassermann test has been negative. Wassermann tests are not always reliable, but in the case of the patient referred to, he had had a verdict of 4 plus in a number of instances. The methods used not only give him energy and strength but added evidence of normal health in the form of a negative Wassermann test.

Furthermore, we are receiving from other sources letters and articles that are convincing beyond all possible doubt as to the value of this particular method of curing this awful disease. In this and succeeding issues we intend to present the material referred to but we would like our readers to thoroughly understand that we are publishers strictly. We cannot lawfully give advice, and our object is educational—to help victims to intelligently select a physician who can give them the most scientific methods of treatment.

Write and ask the editor of your newspaper the reason for his silence. We will be glad to send you, without cost, a copy of the booklet presenting Joe Thomas's experience, that you may enclose this booklet with your letter to the editor.



## Appalling Results of Tainted Blood

**I** WILL never forget a victim of this disease that I came in contact with in my early youth. At that time I was struggling for health. I was but little more than an emaciated weakling. When I first met the victim referred to, he was one of the finest specimens of young manhood I had ever seen. I envied him beyond words. I would have given anything for the strength and manly beauty that he possessed.

Suddenly he began to fail. The happy smile was replaced by a serious expression that at times seemed to indicate fearful forebodings. It was whispered here and there that he was suffering from this fearful taint. And I saw him fade day by day, until he was nothing more than a wreck of his former self.

And, as I learned since, it was the treatment and not the disease that brought such appalling results. The treatment has, of course, changed materially since then, but it is still bound up in the old allopathic school methods which attempt to cure by covering up or forcing back the symptoms of the disease.

The right way to cure any disease is to get it out of the system.

And with syphilis, it is no exception.

PHYSICAL CULTURE started out with the very definite purpose of being helpful to its readers to the limit of its power. We want to place life's most wonderful gift—health—within the reach of every one.



## Strike Vaccination a Hard Blow

**I**N recent issues we have called your attention to the fraud that is being perpetrated upon the public in the form of vaccination. In order to put the facts about this evil in the most emphatic form, we made a comparison between England, the least vac-

inated country and the Philippine Islands, the most vaccinated country.

In the Philippine Islands, the most vaccinated country during 1919, the mortality record for smallpox was many thousand times greater than it was in England during the same year.

Are statistics of this appalling character to be buried without comment? They clearly prove that the mortality record from smallpox in the Philippine Islands was thousands of times greater than it was in England.

In other words, that vaccination not only failed to protect the Philippine citizens from smallpox, but 47,000 of them died from the disease, while, if the same ratio of deaths had been maintained as were recorded in England during that year, the deaths could have been recorded by a single figure.

When will we wake up and strike this monumental curse its death blow?

These facts should also be presented to the editors of the papers you read. In order to help you in this campaign we will be glad to send you one or more of the booklets that we printed, giving absolutely incontrovertible proof as to the baneful character of vaccination.

The only way PHYSICAL CULTURE can be "put over" in an effective manner is to make every citizen realize the tremendous value of the simple truths.

The body is at all times working for its own good. If you are out of health it is because you fail to follow the simple laws that demand regular exercise and simple, nourishing food, bathing, etc.



## Health Worth More Than Money

**H**ELP us to spread this propaganda. It carries with it clean, wholesome minds and strong, splendid bodies.

This is indeed a strenuous age. Ambition has carried us into the vortex of activities that are at times nerve-racking. In our chase for the things that we want in life we often forget life's most valuable factor—health. We are too busy making money.

We haven't time to take care of the human machine that is worth more to us than all the money in the world. We are trading health for dollars and for success and transient pleasure. And it is a bad bargain in every instance. What every individual needs is a stabilizer. Something planted within his brain to make him realize the balance that must be kept between the mental and the physical life.

We must consider the body in our rush to live the life of achievement, for then our rewards will be of a satisfying nature.

And what is more important, we will be able to enjoy these rewards. Most of us work at high tension for the purpose of acquiring pecuniary independence, that we may leisurely enjoy life. And long before we have secured the so-called "independence" we have lost the power to enjoy life.

It is no exaggeration to say that men or women who are making sacrifices of this sort are mentally unbalanced. They have lost life's perspective.

An occasional perusal of PHYSICAL CULTURE by mentally unbalanced people of this sort would have a life-saving power that could not possibly be valued in dollars and cents.

*Bernarr Macfadden*



# The Body Beautiful



THE Apollo Belvedere redivivus, being in actual life Charles Siciliano (Atlas), winner of *Physical Culture's* Thousand Dollar Most Handsome Man Contest of last year.




**T**YPIFYING the two ideal exercises for women and the beauty standards developed by each. The two women on this page represent the benefits of dancing and swimming. The combination of the two is "even more ideal," if that is possible.



**M**RS. GLYDIE FULMER, of Detroit, Mich. She recently won five events in a tournament of the Detroit Women's Swimming Association. At the left, Marley Gutterman of New York.

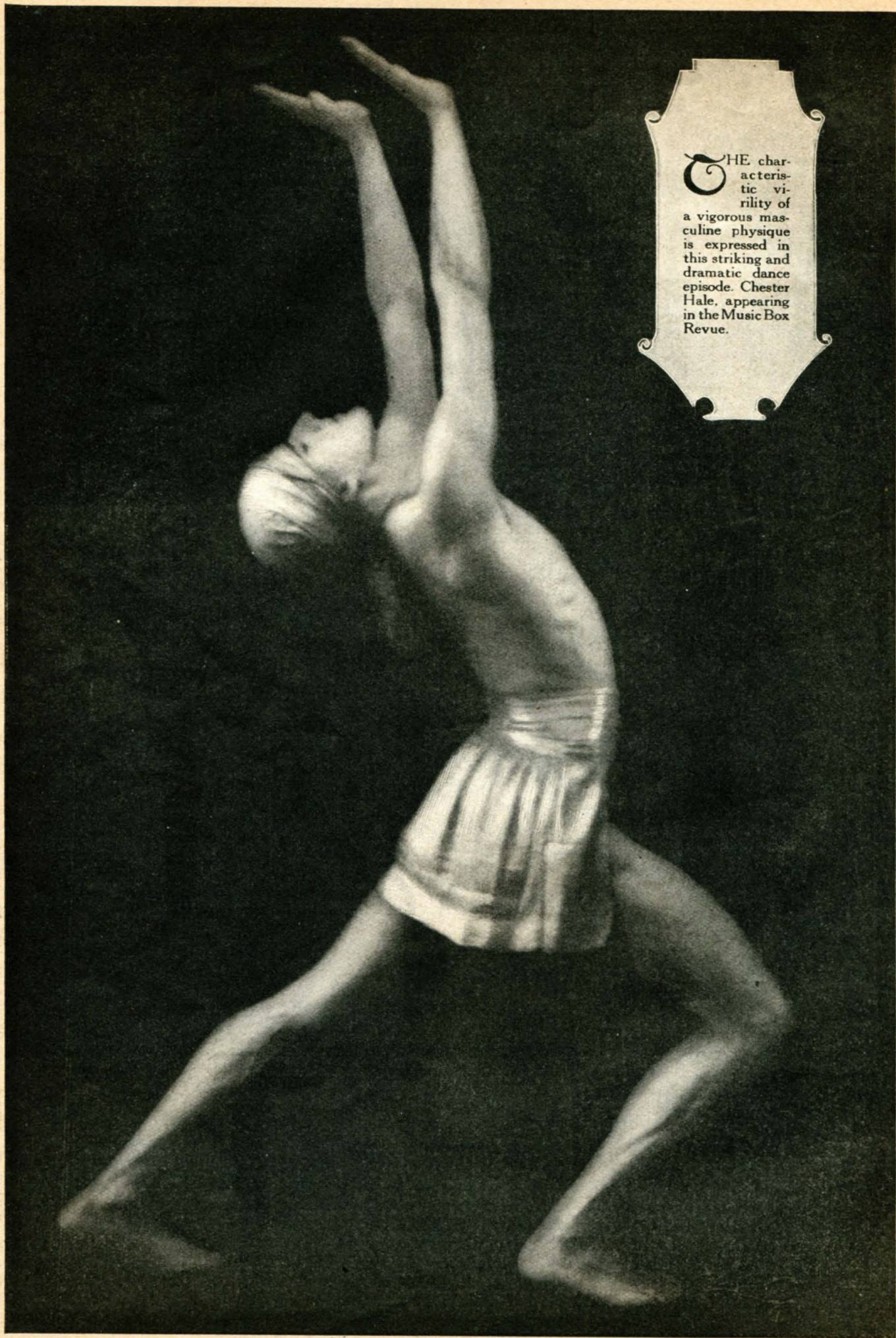




**A** CHARMING example of Diana redivivus, even though she appears as a dancer. Miss Ortrude Andre, a Titian haired beauty of San Francisco, specializing in old Egyptian and Grecian dances.

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New York





THE characteristic virility of a vigorous masculine physique is expressed in this striking and dramatic dance episode. Chester Hale, appearing in the Music Box Revue.



# For the Man Over Sixty

By Dr. Frank Crane

**A.** LAPHORN SMITH, a distinguished London physician, has recently published a useful volume entitled "How to be Useful and Happy from Sixty to Ninety." I condense herewith some of the specific commandments he gives to the man over sixty.

1. Cut down the amount of food. Three meals are better than four; but two are better than three.

2. Increase the amount of water. Neither a city nor a citizen can run a drainage system without a waterworks.

3. Two movements a day are better than one every two days; the colon bacilli in the large intestine are the principal cause of old age.

4. If you want to keep young, keep in with young people.

5. Keep busy. Work hard six days and rest hard on the seventh.

6. When you see an easy chair on a sunny morning, keep away from it and go for a walk instead. The heart grows stronger by use and weaker by idleness.

7. Don't change your lifelong habits at sixty. If you have been a smoker all your life, keep on smoking in moderation and if you have been a moderate drinker all your life, keep on drinking in moderation (if you can get it).

8. Never exceed one ounce of tobacco a week. Never drink alcohol except at meals and never before six p. m., and always well diluted with water.

9. When you are over sixty, don't try to warm a cold bed with your own heat. It is cheaper and quicker to put a big hotwater bottle in the bed.

10. When you reach sixty, if you have been careless of your appearance before, begin to dress well. It makes you look better and feel better and you are as well as you feel. A few warm baths a week will keep your skin young.

11. If when you reach sixty, you have a beard three feet long, begin cutting it off one inch a day. In thirty-six weeks you will be down to the skin. Then shave and look young.

12. Don't worry.

13. If you have a big business, get some young horses to pull the wagon and you sit on the seat and drive; but don't get off the wagon.

14. Do not turn your home into a museum of fine arts and antiques. Happiness, as a rule, is in inverse proportion to the number of useless articles you own.

15. If you have not a business when you are sixty, either get one or get a hobby.

16. Cancer, pneumonia and influenza are the principal causes of death between sixty and ninety. If you have them, don't give them to your friends; and if you haven't got them, don't let your friends give them to you.

17. Don't go to funerals. The funeral of your friend is sometimes followed by your own.

18. Microbes are everywhere and they are looking for people with a poor circulation. A fatty heart is a weak heart; keep thin. They are also looking for pale people; keep rosy.



# I Lost 40 Pounds in My Garden

By Henry MacMahon

**W**HEN I took a small place in the country a year ago, I had a background of thirty years spent within urban walls or in hotel, Pullman and diner, waited on hand and foot. I found a lot of fun in joking at the rubes, I can remember. Frequently I boasted that I didn't need physical culture, for a little golf or occasional out-of-door week-ends seemed quite sufficient. Really the joke was on me, for I couldn't even saw and nail a box, my toes were invisible beneath the embonpoint of my ample vest, and the flaccid arms when stretched to a horizontal bar refused to support my frame. Having confessed this much, I might as well make a clean breast:—I weighed two hundred and thirty-five pounds, was "weak as a cat," nervous as a jackrabbit, and kept up professional activity on large beakers of near-alcohol and "red ink" gulped down with spaghetti, anchovies, Italian cheese, cold-storage fowl and other favorite foods and condiments of the typical Broadwayite who's never done a lick of labor and is proud of it.

This is the true story of a man who found physical culture and health in a return to the most primitive culture—Adam's way of making the earth yield up its increase.



**W**E first met Henry MacMahon some five years ago. He was a great big fellow, two hundred and forty or two hundred and fifty. We thought him a very nice fellow, but unfortunate. That is to say, he was soft and flabby—sort of a human cushion all over.

When he walked into the office just a few days ago, saying he had a story about what he did to himself in his garden, and also about what he did to the garden, we hardly recognized him. He was brown and hard and lean and vigorous and infinitely younger. And so we knew at once that he was right in what he said about having a story. "Go to it," we said. And he did. And here it is.

In the picture above you see him hammering down an eight foot bean pole, calling for some accurate leg, arm and shoulder work.

*Photographs by  
August Nielsen*

"Raise what you eat, and eat what you raise!" is the panacea that cured me of Broadwayitis or city nerves or whatever-do-you-call-it. I mean the modern malady that springs from ignoring the body and defying Mother Nature. I am perfectly willing to be known as a "nut" gardener, for I have demonstrated that it succeeds. This "nut" idea simply puts to work

the Macfadden principles in the home garden whether large or small—mine is fifty by one hundred feet with an extra thirty-five by fifty feet for a miniature orchard. It's real physical culture, as I shall show.

Now don't imagine that everyone who moves to the country gets on this garden job, not by a Big Bertha shot! Suburbia naturally divides itself into golfers, gardeners and automobilists. The motorcar owner oftener hires a "wop" or lets his garden tools rust, while your true golfer is a being separate and apart, unhappy if any sunny moment be lost to use of brassy, cleeck and midiron. 'Twas purely by accident I dropped into the gardening category.

I took to the country because I imagined I could



When you use an old garden for a gymnasium, spading up the kitchen midden and junk heap is very much like doing the "daily dozen" to tin-can music.



have all kinds of fun in it, free from grafter, landlord, and profiteer. And here was my foolish Utopia as somewhat hazily sketched: A few determined licks at the growing vegetables were to be followed by glorious afternoons of golf, and these by motor rides—with beach dips or lakeside camping at the end of the vista. Society, tennis, baseball, mental work and relaxation were somehow to be combined in the melange of pursuits and pastimes. Now for the reality!

Back of the house lawn was a formidable seven-foot stand of weeds. Here and there small animals made thoroughfare across the demesne. At the rear, the literal tons of kitchen midden and junk heap would have done credit to neolithic man. In brief, I possessed a *hidden garden* secreted away somewhere. Neighbors told me it included asparagus, rhubarb, currant, radish and other savories. I had to take their word for it, for I couldn't find it!

In the intervals of golf a relative and I sickled the weed forest, another man helped me put up a wire fence. We burned, buried or otherwise slew the useless growth; the dump collector got busy with the kitchen midden, and finally came the ploughman with "a half yard of manure" and his ploughshare and team. During the top dressing and ploughing I salvaged some of the secreted treasures.

My autumn garden was in fact just opening up beneath the strata of departed Smiths, Browns and Robinsons. I think that the city "tender-foot" usually destroys even more than he saves. Knowing all about the fine points of a theatrical production doesn't help much in handling dahlias: if you break off the necks, there are no buds left to renew. Taking tinned asparagus out of a can is a mighty poor preparation for tracing the

root to its lair—the deeper you dig, the more of the precious roots you kill. Neglect in establishing fall perennials of fruit and bush results in missing many a succulent harvest or lovely floral display, whilst autumn failure to sow the cabbages, onions and lettuce means no home grown greens until May. I have to laugh that during this worthwhile garden time I was paying an Italian boy a dollar a round for taking me up hill and down dale of an extremely stony and tortuous golf links! You see, my "gardenitis" hadn't fully developed yet, but with the arrival of the first snow I put away the golf tools, took a four months' job that included commuting to the city, and resolved at the end of that time



Raking is great "dope" for forearm and biceps.



to make a good garden or "bust."

In the early part of March I sowed earth in window boxes with sixteen kinds of vegetables and flowers. I was all keyed up for a perfectly grand seedling harvest.

Alas! though I laboriously carried those sixteen boxes three flights, gave them the run of the house, so to speak, almost daily bore them out of the cellar and back again to catch the sun or ward off nipping Jack Frost, yet the various forms of infantile paralysis, damp-

ing off, withering, whitening, yellowing, what-not, destroyed nearly every infant I had so tenderly nursed. I salvaged only my seedling cauliflowers, about two score spearing onionettes, and half a dozen baby nasturtiums!

In this dark hour a neighbor consolingly said: "It's no use, old man—gardening is inborn. Personally I never could make even a lettuce lift" (Continued on page 80)



Day's work done, the amateur ploughman wends his homeward way—with a last fond look at the vegetables.



# How I Am Training My Children

By Bernarr Macfadden

I AM illustrating a few exercises in this article that should be of considerable interest to all our friends. The greatest problem of this age has to do with the building of the next generation. If our children are given the right sort of vigor and if they possess the strength and vitality they can easily develop, they are insured the mental keenness which is necessary to make life a real success.

The physical culture propaganda gives proper consideration to child rearing. It is entirely a natural instinct for a parent to love his or her children. As a rule he will sacrifice almost anything for them. They represent,



The four little Macfadden girls, showing their physical condition gained through a physical culture life. The oldest, Byrnece, over eight; the next, Beulah, nearly seven; Braunda over five; Beverley, about four.

At the left, a favorite exercise, one that is good for the father as well as the child. Carrying a child in this manner is splendid exercise for the spine and will materially help in maintaining the vigor that every parent should possess.



perhaps the most important part of his life. If they are fine, strong, healthy specimens of physical life they give him a great deal of joy. They are a constant source of pleasure. He can enter into their fun and get as much delight from it as the children themselves.

I have devised many

exercises of special value to children, many of which have been published in previous issues of this magazine. Herein, however, I am presenting a number of exercises that will be almost as valuable to the father or mother as they will be to the children. These exercises are all fairly vigorous, and I think they are of more value because of this.

The calisthenic drills that we are giving in our schools everywhere are undoubtedly of value, but they are not as vigorous as they should be.

The right sort of system of exercises for children is found in the various forms of play that they most enjoy.

Kittens and puppies as they run and wrestle and roll around the floor, jumping hither and thither under the impulse of the playful spirit, give us an example of exercises that cannot be improved upon.

Two children, if left alone and allowed to follow their own instincts, will push and pull and wrestle and roll all around, just like kittens and puppies.

And, in a way, small children are nothing more than little animals. They have not yet gotten to the point where the mental side of life is of importance to them, and our main aim should be to make them as perfect in a physical way as we possibly can.



Back view of the four Macfadden girls, photograph taken at the same time as the side view previously presented which shows the girls in a vital condition that all children should approximate if their physical needs are given proper attention.



I believe every child, with only a moderate amount of attention, would approximate the physical perfection that my own children have acquired, for I freely admit that I have not put them through, what you might call systematic training. I do not believe in rigid routine training for children at this age. I furnish them every opportunity to play. I play with them at frequent intervals. I sometimes play base, or what is called "Puss wants a corner" with them, and I believe I have as much fun as any one of them.

The exercises I have illustrated here should really not be classed by that name. They should come in the form of play. When you begin to make work of an exercise a child loses interest in it. It must never become monotonous. Get up competitions of various kinds. Wrestling, running, swimming, etc., anything to make play or fun out of physical activity.

As I have said, most children need little encouragement to make them play. "Grown ups" are always exclaiming in wonder and amazement at the way their youngsters can keep up such constant activity from dawn till dusk. But often this playing and romping brings into play only a few of the muscles of the body. And again, especially among little girls, there is often a tendency to play the more inactive, sluggish games as they grow older.

It is a parent's duty to avoid this. With but little encouraging, a little "leading on," they can be given the opportunity to develop not only in an ordinary

way, but in a superior way. And it is surely evident to all older people, from their knowledge of the appalling amount of failure, through weakness, of sickness and of death in the world, that it is very important to give children a really superior start physically in order to give them a fair chance to make good in the big game of life later on.

I often go on long walks with my children and in order to add to the benefit of the walking I carry them on my back in the manner illustrated in this article. Sometimes I carry two or more of them. All this helps me to get benefit from walking and materially adds to the pleasure of the children. It may be considered a little undignified to walk through the street in this particular manner, but you cannot always consider dignity and at the same time follow the natural instincts that demand regular physical activity.

A child will respond very quickly to physical work of any kind. You can actually see their little muscles grow under the influence of muscular activity that is sufficiently vigorous.

Some of the exercises that I con-

Employ the same exercise as that on the opposite page for the kiddies themselves. This may seem quite violent to many parents but a child can usually carry another child of its own weight in this manner, without the least possible danger. A splendid exercise especially for the child doing the carrying.



This is Byrnece, with Beulah as the rider.



sider specially valuable for children are found in swinging on a bar or trapeze—"skinning the cat," endeavoring to "chin themselves" and various other movements that are of very great value in strengthening the arms, chest and spine.

I have referred to this frequently but I am repeating the suggestion because of its ines-

and daughters? And yet, how many parents realize this?

It is always said that a man lives on in his art. It is certainly even more true that a man lives on in his children.

I have always felt that every book which I have published has been, in a way, a monument to my life-work. To my mind they are of far more value than a pile of granite or stone might be. But I believe that all of these kiddies that bear my name are monuments of still greater value. The best monument that a man can leave should be in the form of flesh and blood.

Granite is supposed to be almost indestructible; but the human race will outlive it. A stone monument may last many generations, but to the life of the race there is no limit. Therefore, the greatest work, to my mind, that any man or woman can do is to leave behind a number of fine, strong, healthy children. And if he or she does his work properly there should be no need of leaving them behind as children. He should be able to see them grow up to mature life and should join with them in their pleasures and successes, into the

second and third, and, in some cases, even the fourth generation.

Here at the right is an exercise for the spine that is especially good. The parent placing one hand on the back of the head, makes an endeavor to pull the head forward while the child pulls backward as strong as it can. After a time the child's spine in the region of the neck will become so strong that it will be exceedingly difficult for the parent to pull the head forward.

"The wheel-barrow."

An old exercise that is popular among children and can be highly recommended. The child rais-

ing the weight on the hands, walks forward while the child holding the feet does the "guiding." This is highly recommended for chest and back and is in fact a good all around exercise.

Showing the same thing with the child being carried on top of the shoulders. This is not so good an exercise for the child being carried as in the previous picture though it can be recommended. Naturally there is some danger of the child falling in this position.

timable value. We have a door bar in our house which consists of a bar across the door of the children's room of appropriate height for their particular use. It is sometimes necessary for the older folks to bend down considerably to get through this door. This may be somewhat inconvenient, but it also helps to compel the adults of the house to secure some of the exercise valuable to them.

There are a number of other games popular among children that are very good for them. The "wheel-barrow," as illustrated at foot of this page, is especially beneficial for the child who plays the part of the wheel-barrow. It strengthens the arms, chest, and back.

In playing with my children I get not only the keen pleasure of seeing them grow robust, but I also improve my own physical condition. Besides, there is a lot of stimulation in "chumming" with them. For what can be more interesting to a parent than his own sons

Here is another carrying stunt that helps the father materially in maintaining his vigor. This is also valuable for the children as they have to use considerable muscular vigor in staying "on top."





Parents who have not given their children the gift of health will have much of unnecessary sorrow and suffering in their lives. They will have to see their children fight against great odds; they will have to see them through sickness and all the devitalizing psychic effects of weakness.

Physical well-being is the first requisite of mental and spiritual energy. And it takes mental and spiritual energy to make a success of one's life in the big sense.

It takes abundant vitality in this intense age to make one's way through the complications of the business world as well as the home world.

Your daughters as well as

Taking a walk (below) with four girls. The four girls, as shown in previous pictures, hanging their weight from shoulders and neck. Approximating a weight of nearly 250 lbs. A rather heavy weight with which to take a walk. (Not recommended to all parents.)

Showing another way the children can be carried which is especially good exercise not only for the father but the children as well. Hanging the weight from the shoulders in this manner helps to develop the chest, shoulders and arms of the child.

Fine exercise for children. Each child should interlace fingers back of the head of the child opposite, and each one should endeavor to pull the head forward while the child opposite should endeavor to hold the head backward. An unusually good exercise for spinal development.



your sons need all the physical strength that nature originally intended they should have. They are both concerned in the greatness or the weakness of the next generation. They are both concerned with the educating of the next generation.

A man with ideals cannot use them to better advantage than by centering his interest on the betterment of the individual—and the race.

The suggestions I have made here, if given a proper trial, should be of great value to both parents and children.

Place hands over the ear of the child and with the child holding the fore-arm as shown in the illustration. Lift upward. Although most of the weight seems to be on the neck the child can relieve the tension as much as it might desire by holding part of the weight from the fore-arm as shown. Almost any child can be raised and swung backward and forward with perfect safety in this manner. In fact, after the exercise has been taken a few times the weight can be raised with the strength of the neck alone without any danger. This is also a good exercise for father.







"You know as well as I that you are wasting your time. I'll never marry you."

# Glint of Wings

*The Story of a Modern Girl Who  
Wanted Her Liberty—and Got It*

By Cleveland Moffett and Virginia Hall

## CHAPTER III

THE final clash between father and daughter came the next evening in the most decorous setting, when the Lydig family drew around a flower-spread table in the dining-room of the Inn.

Patricia did not expect the climax so soon, not knowing that the conscientious, bespectacled clerk at the Inn, had sorted the mail for the postman, waylaid her letter to her father, and put it in his box. The reading of this businesslike communication had shocked Lydig into concentrated attention, awakening in him deep resentments, uneasiness, exasperation. And yet . . . what she wrote was true in the main! Good Lord! Why did men marry and have daughters! Girls were too much for any mere male to handle!

While the perplexed father studied this appeal, Patricia was powdering her nose in a near-by dressing-room, inspecting her hair from all angles in a hand-mirror, and adjusting the blouse of her French lingerie frock. Father and mother were already seated when Pat sailed into the dining-room, exuberant with health and radiantly lovely in her orchid color scheme.

"Don't order soup for me," she said cheerfully, as her father pondered over the menu card, settled the momentous question of dinner and dispatched an obsequious waiter. He then turned to his daughter with a resolutely paternal air.

"Pat," he began abruptly, "I got your letter."

Patricia jumped. This swift action was disconcerting. "Please, father," she said anxiously, "don't answer until you have thought it over. Not now!"

His eyes were fixed on her, cold and grave, through his big round spectacles and Pat saw that there was to be no delay for a written reply. The issue was to be in immediate words. She braced herself to meet it.

"I really can't understand your writing such a letter, Patricia," he said.

"Why?" asked the girl. "Isn't it true?"

"Yes, in part," he admitted. "It sounds reasonable, but, Pat, theory and fact are very different. A young man can afford to make a few mistakes in getting started in life, but a young woman cannot. Her happiness and success, as things are now, depend to a great extent upon her making a desirable marriage."

"That's always at the back of your thought, father—



to get me married. You seem to think that any old husband is better than none." The girl flung out the words resentfully.

"Well, with marriage a woman gets her independence, my dear."

"Does she? Not always. Anyway, it's foolish to tell a girl she can't have her independence until she is married. You might as well tell her she can't vote until she's married."

"That's entirely different. A woman can be happy if she never votes. But if she does anything that interferes with her marriage—"

"It doesn't interfere with her marriage for a girl to be usefully occupied, does it? If I had my liberty, in some career, I'd be in a way to meet men—a different kind of men. . . ."

"Exactly, that's what I want to avoid."

"I mean a better kind of men—workers, not society snips."

"A girl alone in New York can't tell what kind of men she will meet."

"Now you're coming back to these stage villains! I tell you there aren't any, father. And if there should be one or two queer specimens escaped from a dime-novel, we'd know how to deal with them."

The father's hands closed angrily as he recognized the futility of masculine argument.

"Let me tell you something about villains, Patsy," he said quietly. "There are some in real life, but often they don't know it. They are well-intentioned persons who don't mean to be villains—until the occasion arises. That's why it's important to keep the occasion from arising. The French know that; they keep their daughters sheltered until marriage."

"Sheltered? They make prisoners of them, and what's the result—after marriage? Read their books and you'll find out."

"They may go to the other extreme, but every American father will agree with me," Lydig was speaking now with increasing warmth, "that an attractive girl who makes a practice of, let us say, going to gay studio parties where she may be alone with some man whom she likes, some man who likes her—I don't care if he's the best man living—that girl isn't safe."

"You're not complimentary to your own sex, father, and what you say about modern girls is—*insulting*."

"I'm sorry if I have spoken too severely. I must act according to my best judgment, Patsy, and I can't see you living in New York alone. You're not ready."

"And I never will be in your opinion," choked the girl. "I'll never be grown-up and responsible, not even

when I am forty and done for. Oh! I can see it's just no use. You won't be reasonable." She was at the point of tears.

"Do you really think me unreasonable?"

"I certainly do, father. You've lived with artistic people all your life, in New York and in Paris. You write your books and plays as you please and allow no one to bore you. You are Newton Lydig! When you feel like it you consort with all sorts of clever Bohemians; but you've never wanted me to know them. I'm a pretty little piece of bric-brac to be kept in cotton wool, according to the nice safe standard of Miss Spencer's School and Park Avenue, and marry some stupid millionaire out of the social register. Well, I'm not going to do it."

The father remained silent, drumming with his fingers in time to the balcony orchestra which was playing "Ain't We Got Fun" while a deferential, white-clad waiter served file of sole *a la meunière* and corn on the cob and the mother listened in growing apprehension. There was justice enough in Patsy's agitated defiance to disconcert her father for a moment. It was true he had tried to shield his daughter from undesirable influences, and having no fortune to leave, he had favored what is called an advantageous marriage. After all, the standards of Miss Spencer's school are not so bad, and other things being equal, the novelist preferred Park Avenue to Sixth Avenue or Lexington Avenue. Why not? A man is not necessarily a fool because he has money, and the average successful business man is quite as worthy of a woman's love and respect as a correspondingly successful artistic person. Rather more so, for men in the latter class, Lydig had

found, those glittering Bohemians that Patsy dreamed about, are usually vain and irresponsible and make the worst husbands in the world. Let a girl sigh over them from a safe distance, adore their photographs, treasure their autographs, yearn over their pages, but for Heaven's sake, let her marry someone else.

"Patricia," reproached her mother, "you ought not to speak like that to your father."

"I don't mean to be disrespectful, mother, but—" the girl held her ground valiantly, "there are certain things that ought to be said." She eyed her father steadily.

"Yes," he agreed, "and they may as well be said now."

Then came the final phase of the discussion which continued across the table, quietly and pleasantly enough, as far as outward manifestations went: never-

### Patricia Demands Self-expression

HAVE you, dear reader, a rebellious daughter—who wants her freedom, when you feel that she is of an age too young and tender to face the world alone? This is the predicament of Newton Lydig, a successful novelist, who is concerned over the welfare of his daughter, Patricia. Fearing the influence of her "artistic" friends and haunts in New York, he has brought her to Pasadena for the winter. As she broods on the verandah of the secluded Inn, a messenger delivers her a letter—a passionate, romantic missive from a stranger, one Stanley Matthews, declaring his love for her and incidentally inviting her to a notable movie-world reception.

Stirred into action by the opposition of her parents to her going, Patricia writes a letter to her father, pleading for permission to put her talents to practical use, and asking for a financial start to the mere tune of what a trousseau would cost. She wants to stand on her own feet. She wants her freedom. Her letter is in the nature of an ultimatum. Then, having posted it, she awaits, with almost sleepless anxiety, the outcome.



theless things were said that altered the course of several lives

On the whole, until the very end, Patricia was more controlled than her father who, accustomed to the habit of authority, found it hard to deal with her on a basis of strict intellectual equality.

His tendency was to demand of her the subservience of a dutiful daughter (as when she was little) who must accept whatever father said as incarnate wisdom. This put him at a disadvantage because he was conscious of a certain arbitrariness in himself and was exasperated by it.

"As I understand it then, Patricia," he concluded with hardening eyes, "you stand on the terms of your letter. You demand your entire liberty?"

"Yes."

"To go and come as you please?"

"Yes."

"To know and frequent such people as you happen to fancy?"

"Yes."

"For example, if a man invites you to dinner and the theatre you claim the right to accept his invitation whether your mother and I know anything about the man or not? Do you?"

"I—I suppose I do."

"And to come home with him after the theatre, perhaps after supper—say at one o'clock in the morning—alone with him?"

"There is no harm in that, father. Everybody does it. That's why I want to go back to New York, so these little things won't worry you."

"Little things!"

He was silent for a moment, trying to say nothing he would be sorry for afterward.

"I can't consent to that, Patricia, not while you are dependent upon us."

The girl eyed him without flinching as she felt the situation grow more tense.

"I—I hope to earn money by my writing—if you'll only be patient until I get started," she pleaded.

"When will that be? How much can you earn? Don't you see how uncertain it all is? Don't you feel that you should respect our wishes, our prejudices, if you like, at least until you are married or self-supporting? Don't you, Patsy?"

He tried to make his words tenderly appealing, but they sounded harsh and uncompromising to his daughter. He seemed to be taking a sordid advantage of his miserable money.

Her self-control broke and her anger flamed out.

"No, I don't! I have my own life to live and I'm going to live it in my own way, just as you lived your life in your way, and I think it's very unkind and unjust of you to—"

"Patricia! Stop!" interposed the mother who saw with distress that the quarrel had reached a point where irreparable harm would be done.

And Patricia, tingling with a sense of wrathful self-vindication stopped, not because of this warning, but, because at that moment, by a strange fatality, a call boy, wearing yellow glasses and walking very straight came briskly down the length of tables calling out with painstaking distinctness: "Mis-ter Stan-ley Matthews." And again as he came nearer: "Mis-ter Stan-ley Matthews!"

## CHAPTER IV

### "I'm Going to Win Her."

"And it is love and the capacity for it that distinguishes one human being from another."

Here was a coincidence. While Patricia and her father were arguing over the abstract question of a girl's liberty, there at another table within twenty feet of them sat the man who was destined to influence Patsy decisively in her effort to achieve this liberty—the man with the awkward, powerful body and the shock of reddish hair. The man who had written that incredible love letter, Stanley Matthews! There he was watching the lady of his adoration. All through the meal he had been watching her, talking about her to his companion, a fat jolly-looking, red-faced individual who listened in patient astonishment to Stan's sentimental outpourings.

"If it was anybody else but you, old boy, who was giving me this line of love-at-first-sight stuff, I'd say he was plain nuts. I'd have him fired from the company. I'd tell the governor, as a conscientious director, that he was unsafe and unfit to be the hero of a million-dollar serial. I would, assure as my name is Hamilton Dodd."

Stanley answered with an engaging and transforming smile that revealed an unusual, rather aloof personality. "That's all right, Hammy. I don't know why I've taken an old cynic like you into my confidence. Your seared and calloused soul can no more understand my feelings than—"

Dodd laughed in a shrill falsetto that contrasted grotesquely with his massive bulk. "What's worrying my seared and calloused soul is the vision of what this fool infatuation is going to do to your work. Get over it, Stan. Have somebody introduce you to her and you'll find she's just an ordinary pretty girl like all the rest of 'em."

"No! Oh no! She's different, totally different. Thank God, I have true intuitions. I know what I'm talking about."

Dodd stared in mystified incomprehension. There was something in Stanley's earnestness and quiet power that took away facetious impulse.

"Do you mean to tell me a man can love a woman when he's never even spoken to her?"

"Yes. I've done it." Stan turned toward the Lydig table and his eyes rested on the fair young girl who was all unconscious of his gaze. "I love her beyond everything in the world. She is going to be my wife or—or I'll never have a wife."

Dodd was stunned into a sort of rough sympathy. "I certainly wish you luck, my boy, but—what's the plan? What's your next move?"

"I don't know. I sent her a note telling her how I feel. I'm waiting for my answer."

"Telling her how you feel? You didn't have the nerve to—say you love her?" gasped the fat man.

"I certainly did."

"Good Lord! When she don't know who you are? When she's never seen you?"

"Yes."

"You signed your name to it?"

"I did."

"She'll think you're crazy! You are crazy. You don't know a thing about her."

Stan's face had taken on an almost inspired look.



"I know everything about her—more than she knows about herself."

"Huh! A week ago you hadn't heard of her?"

"I have known her—always!"

Dodd sniffed at this mystical utterance and remarked, after studying the Lydig group where discord was fast developing: "If anyone should ask me, I'd say the little lady has a damned lively temper."

The star reached out impulsively and laid a hand on his friend's shoulder. "Hammy, I'm a lonely fellow. I don't fit in very well with this movie crowd. I don't have much to do with them—you know that."

"It's just as well you don't, with such tender susceptibilities," grinned the director. "Without jollying, Stan, I must hand it to you that you've never fallen for any of our vamp queens. And I guess you've had chances enough—with your face spread over all the bill-boards in creation on twenty-four-sheet posters."

"I've never cared for a woman before," answered Matthews simply.

"And now you're going to make up for it, eh?"

The star went on meditatively: "I'm not much on looks. No nice ways. No tact or *savoir faire*. And a horrible dresser, Hammy. It doesn't matter how much I pay for a suit of clothes, it looks like the devil as soon as I get into it. I'm exactly the kind of a man Patricia Lydig wouldn't care for, unless—"

"Patricia Lydig! She's got a swell name."

"She's an aristocrat and—I'm a plebeian; but, Hammy, I'm going to win her. It's fate. God knows I'm not conceited, only—there are forces in us so strong that, when they are concentrated on only one thing, *they cannot be resisted*."

The director was genuinely impressed. "Say, boy, we tough old fellows go kidding along—don't show our feelings much, but—if there's any little thing I can do—"

"Thanks, Hammy. There's one thing you can do—it will be a comfort. I'm worried about—*this!* I can win that girl, I know it. I'm so sure I can win her that—the only question is whether I have a right to do it, whether it's exactly—fair."

"Fair?"

"I mean to her. She won't love me in the ideal way, not at first. She won't love me as I love her."

"If she don't love you, she'll turn you down."

"No! She'll do whatever I want her to do. I say that because—there's something tremendous—I'll show you. I never tried this, but I *know* I can do it. That girl is absorbed in talking to her father. Her back is turned, isn't it? Now watch! I'm going to look at her—in a certain way—it isn't anything cheap,

like hypnotism, it's just *speaking to her!* Now!"

Stan fixed his eyes on Patricia with a strange intensity and sat quite still. He breathed deeply and his nostrils dilated. A few moments later the young woman shifted uneasily, then turned squarely around and cast a perplexed glance towards the table of the two men. But she saw only Hamilton Dodd, for at that instant, Matthews, following an unexplainable impulse, leaned to one side so that he was hidden from the girl's view by one of the massive brown columns. And a few seconds later, as if to complete the coincidence, the yellow-spectacled call boy shouted out:

"Mis-ter Stan-ley Matthews!"

"That beats anything I ever saw," mused Dodd. "Hello!" He turned in surprise as he saw that his friend had slipped away, unnoticed, and passed out through a screen door that shut off the reading room. There he stood beckoning.

"I don't want her to see me yet, Hammy," Stan explained and led the way to one of the long windows facing the West where the Malibu Hills tower above the Pacific. He stood there in awed silence before a spread of flaming, deepening sunset, marked here and there with patches of azure and pale green.

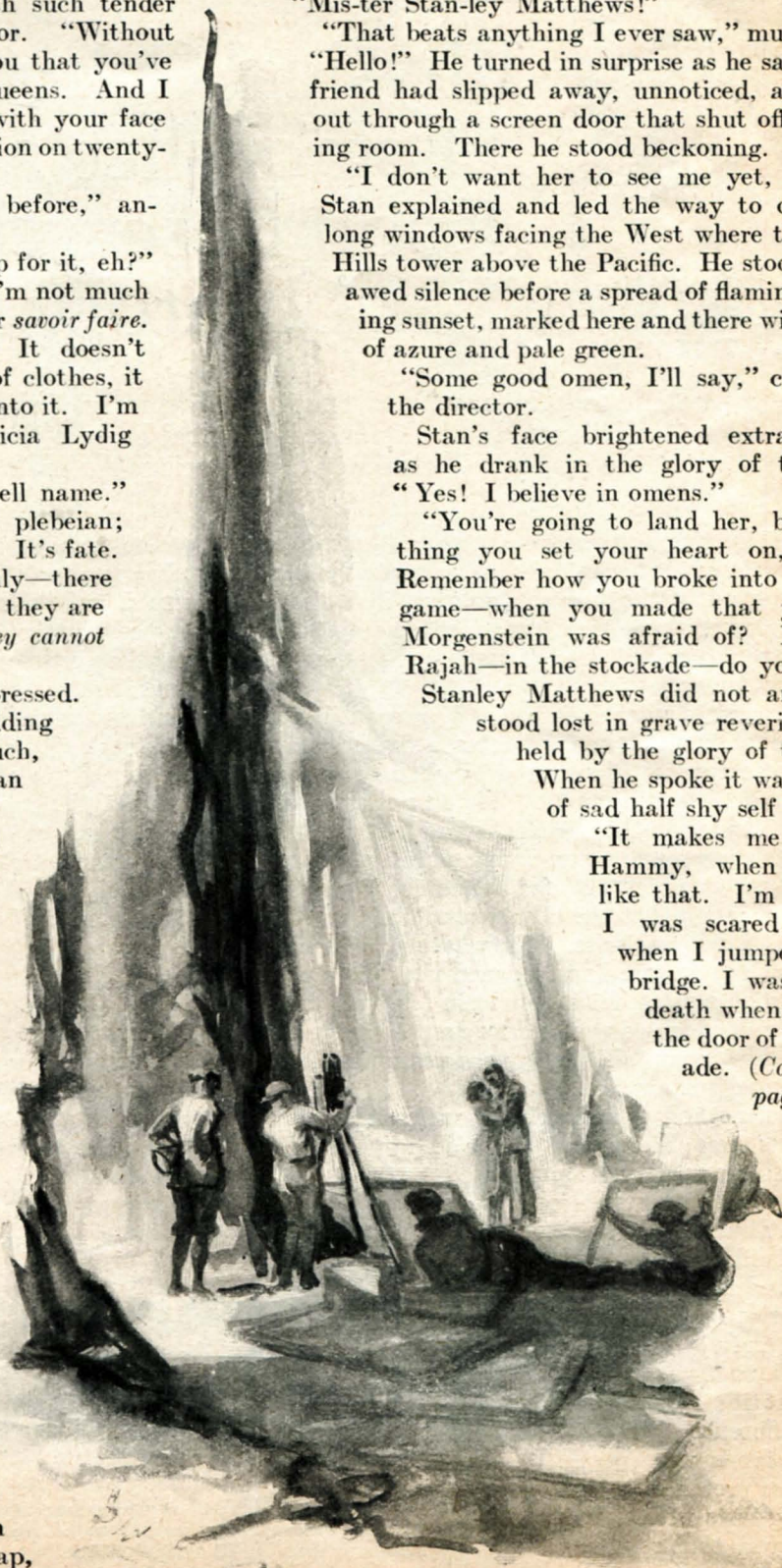
"Some good omen, I'll say," commented the director.

Stan's face brightened extraordinarily as he drank in the glory of the colors. "Yes! I believe in omens."

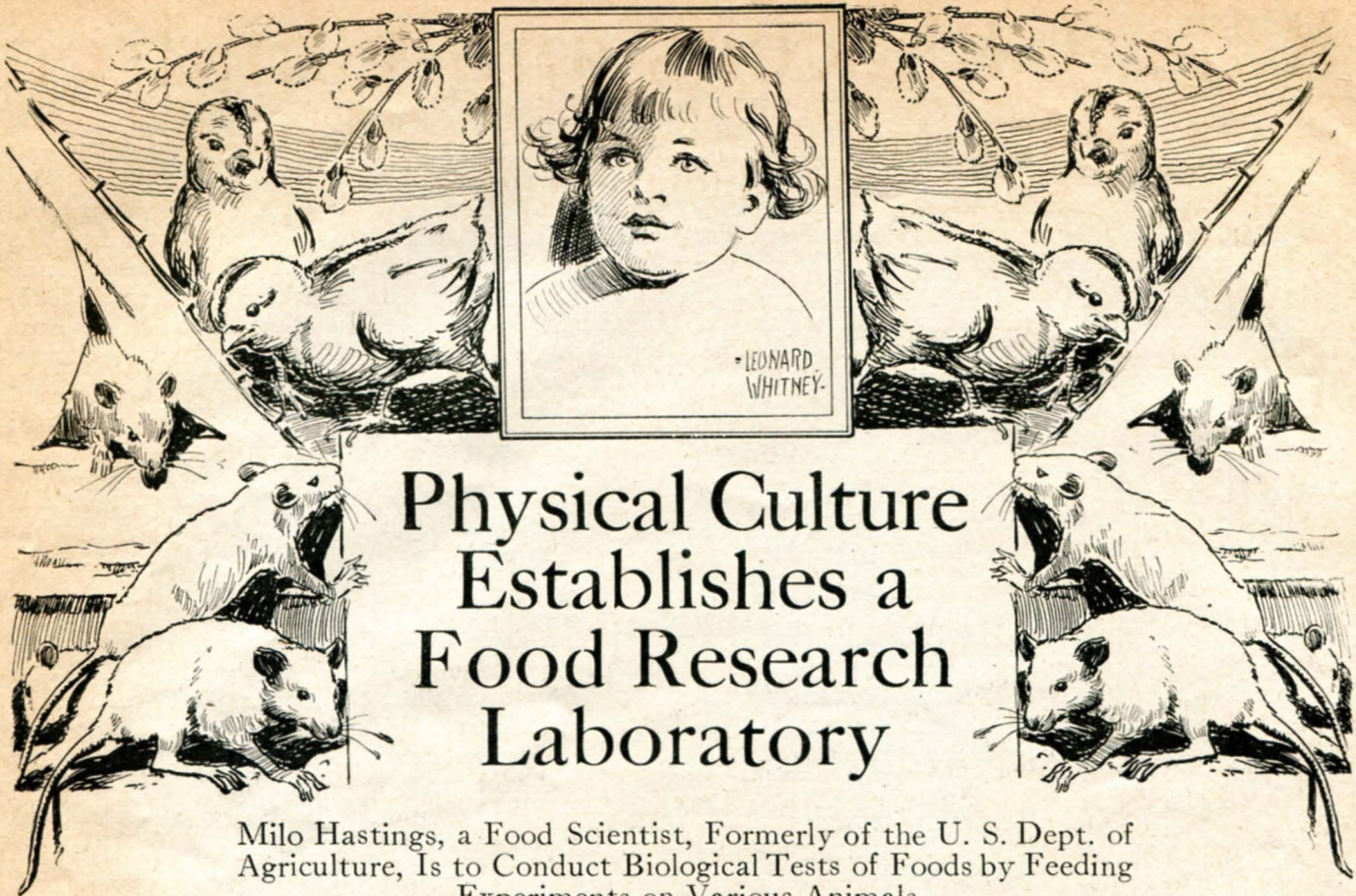
"You're going to land her, boy. Anything you set your heart on, you get. Remember how you broke into the movie game—when you made that jump that Morgenstein was afraid of? Remember Rajah—in the stockade—do you?"

Stanley Matthews did not answer, but stood lost in grave reverie, his eyes held by the glory of the sunset. When he spoke it was in a tone of sad half shy self revelation.

"It makes me ashamed, Hammy, when you talk like that. I'm not brave. I was scared to death when I jumped off that bridge. I was scared to death when I unbolted the door of that stockade. (Continued on page 93)"







## Physical Culture Establishes a Food Research Laboratory

Milo Hastings, a Food Scientist, Formerly of the U. S. Dept. of Agriculture, Is to Conduct Biological Tests of Foods by Feeding Experiments on Various Animals

**W**ITHIN the last few years the method of research in food science has been revolutionized. Previously the subject was studied almost wholly by means of chemical analysis, but now scientists test out foods and food theories by feeding experiments on animals.

The discovery of vitamins is chiefly responsible for this change of method in food science investigation. The vitamins were not discovered by chemical means, but by biological feeding tests. We do not know yet what vitamins are in the chemical sense, but we know what effects they have upon living animals. Alfred McCann even disputes the fact that there are any vitamins, insisting that the effects attributed to them are due to the mineral salts. But whatever vitamins may or may not be, we have learned that diets composed of carbohydrates, fat and protein (and which the chemists of a decade ago would have assured us formed a complete diet), may fail utterly to maintain health or growth or even sustain life.

This same method of research, by which the effect of vitamins was discovered, is also applicable to the other problems of nutrition, many of which could not be solved by chemical analysis of foods. Thus the old school of food chemists prescribed certain proportions of protein and we were left to assume that it made no difference from what foods we obtained that protein. But growing tests with animals proved that some

proteins were five or six times more effective as growth producers than other proteins which we had formerly assumed to be equivalents.

In the experiments which Mr. Hastings will conduct for us, the purpose will not be so much to go into a highly technical study of the separate vitamins, minerals or other isolated food elements, but rather to study the values of ordinary foods and food combinations by observing their effect upon the growth, health and vitality of the experimental animals.

The report of our first experimental feeding test is given in the article beginning upon the opposite page. Mr. Hastings will also discuss from time to time investigations conducted by other scientists, and keep you generally informed upon the interesting progress now being made in this important field.

This is the first time that a magazine has established a laboratory for conducting such original research for the benefit of its readers. Not only will we be enabled to furnish interesting and convincing demonstrations of the discoveries made by other scientists, but we hope to aid in the further solution of dietetic problems.

If you are a **PHYSICAL CULTURE** reader this is your research laboratory, conducted for your benefit. If you have questions to ask or suggestions to make about this work, feel free to write to Milo Hastings, Director, Physical Culture Food Research Laboratory, Little Silver, New Jersey. Send a stamped envelope.



A few of Hastings in

the white rats which will be used extensively by Mr. his food research experiments to be reported in future numbers of *Physical Culture*.



# Rats, Chickens and Children

By Milo Hastings

*Director of Physical Culture Food Research Laboratory*

THE first man whom I told about our present research work said: "I don't want to know how to feed rats or chickens, I want to know how to feed children."

"Very well," I replied, "if you will loan me your two children and a thousand others, write me a check for a million dollars, and guarantee me exemption from jail and freedom from my conscience, if I should happen to kill a few of them, and then wait a couple of lifetimes, perhaps I can find out something about feeding children."

My reply was quite as effective as that given by Solomon to the two ladies who both claimed the one child.

A chicken isn't a child and neither is a rat. But a rat or a chick is much more nearly representative of a child than is a chemist's test tube. And both animals and test tubes are superior to blind guesses and inherited prejudices, when it comes to knowledge.

The physiological laws that govern nutrition and growth are of pretty general application to all animals, including man. The closeness of the application depends on the closeness of the biological kinship, and more particularly upon the inherited food habits of the species compared. A fly may eat the same food that a man eats, but experiments on the nutrition of flies would not be worth much because they are too far removed from man in the scale of life.

Experimenting on the diet of apes would be highly valuable, but apes do not thrive well in captivity, do not grow fast enough for experimental work. Speed of results depends upon the speed of growth and of reproduction.

For practical progress in research we therefore select small, quick-growing animals that are thoroughly domesticated and will stand confinement and whose dietetic habits for a long series of past generations are as

similar as possible to those which man today follows.

The animals thus far used in biological food testing, include rats, mice, guinea pigs, rabbits, pigs, chickens and pigeons. The first vitamine was discovered by experiments on pigeons fed polished rice. Research in scurvy has been conducted on guinea pigs.

Immediately this problem arises; the guinea pig, the pigeon and the rabbit are vegetarians, and pigeons are almost strictly grain eaters. If you believe man to be a strict vegetarian who should abstain from meat, milk, butter, cheese and eggs, then you should have your biological food tests made with vegetarian animals. I do not believe so, and I therefore consider the strictly vegetarian animals not suitable for our purpose, though many of the results would apply. Likewise I reject the carnivorous dog and cat as being still less suitable, for I believe man is far nearer a vegetarian than he is a carnivorous beast.

The rat and the chicken are not only omnivorous by nature, eating both plant and animal food substances, but for thousands of years—hence thousands of rat and chicken generations—these two species have lived about human habitations and eaten human food supplies. (The same statements apply to mice, ducks and pigs.)

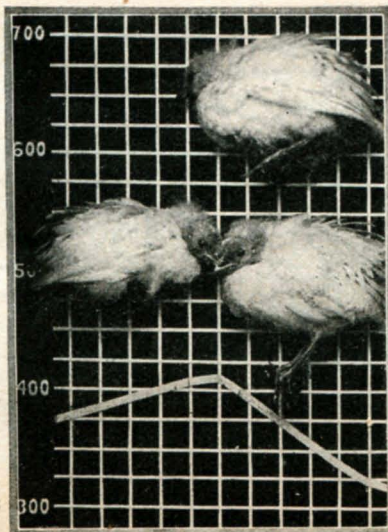
Therefore, in these species we have the best available testing animals for human food problems. Differences may exist in the nutrition of humans, but these are minor differences. The general truths hold. This is good theory, and so far as we have applied our results, it is proving to be good practice.

Perhaps, all things considered, the domestic white rat is the very best of all animals for our purpose. The present work was started with chicks because we could get them of uniform age and quality, while we had to wait to breed the rats needed. There will be a distinct advantage in using two unrelated species. Thus a

## PEN I.

DIET: Denatured grain  
(white flour, polished  
rice, degerminated  
cornmeal).

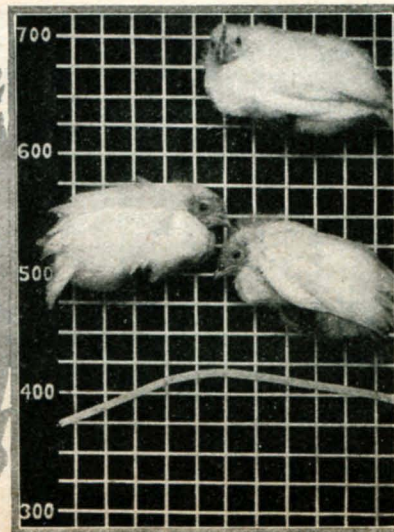
Slow growth maintained for the first ten days, due to the storage of nutritive elements from previous adequate diet. During the last half of the test chicks were rapidly wasting away and were near the point of death at the end of experiment.



## PEN II.

DIET: Natural grain  
(whole wheat flour,  
natural brown rice,  
whole cornmeal).

The chicks of this pen grew at first only a trifle better than the chicks on denatured grain. When this growth ceased they began to lose weight slowly, but did not "go to pieces" like the denatured grain chicks. At the end of the experiment, while only a few grams heavier than at the start, these chicks were still bright and lively. They had ceased to grow, but were not weak and ill, like the chicks in Pen I.

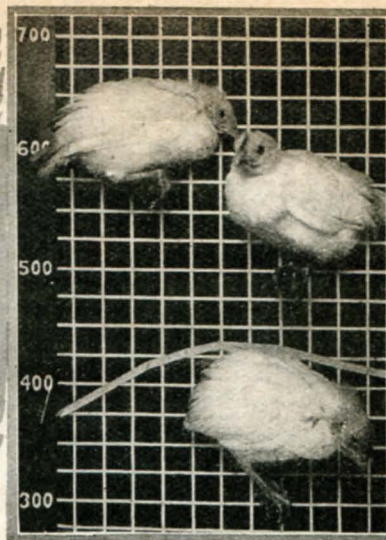
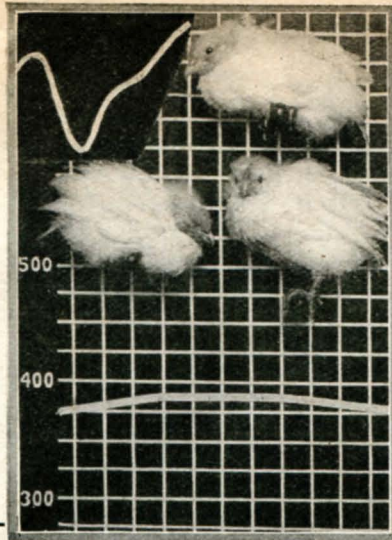




## PEN III.

DIET: Denatured grain and potatoes.

These chicks made the poorest growth at the start of any chicks in the experiment. But they did not lose later as rapidly as several other pens on denatured grains. With the exception of Pen I, these were the weakest and most lifeless chicks at the end of the experiment. Potatoes seem to add but little value to a denatured grain diet.



## PEN IV.

DIET: Natural grains and potatoes.

The growth is unsatisfactory, turning into a slow weight-loss toward the end. The addition of potatoes to natural grains caused only a trifle better growth than the natural grains alone. Compared with the denatured grains and potatoes the same contrast of vitality was observed as between Pens I and II. In both cases the natural grain conserved the vitality more than the slightly better weights would account for.

The above remarks (at left) and the growth curve beneath the chicks apply to the two lower chicks only. The upper chick in the plate went on a food strike early in the experiment and refused to eat this ration. As this chick was about to die he was transferred to pen XIII. The small upper diagram shows his growth curve, the sharp upward turn indicating the change to a better diet. This chick just about regained the weight lost and was but little heavier at the end of experiment than the other chicks eating the denatured food throughout the test, but with the better diet this chick had recovered vitality and was quite lively.

## Explanation of Illustrations

THE fourteen illustrations show the growth curves and the chicks at the end of our experiment. The curves all start at 375 grams, (about three-fourths of a pound) the total weight of the three chicks of each pen. Whether the growth was fast or slow, or an actual weight loss, is shown by the vertical movement of the broad white line. Each square represents, vertically, 25 grams change in the total weight of the three chicks. Each square horizontally represents two days of time.

The squares on the original chart, against which the chicks are photographed, are exactly one inch, thus giving you a definite idea of the size of the chicks at the end of the experiment.

The relative size of the chicks is not fully revealed by these photos. This is because Leghorn chicks when stunted continue to grow feathers at the expense of their bodies; this causes these underweight chicks to be covered with loose feathers, making them look like small boys in large ragged clothes. If you will observe carefully you will note that the chicks that gained in weight are longer bodied and more compactly feathered.

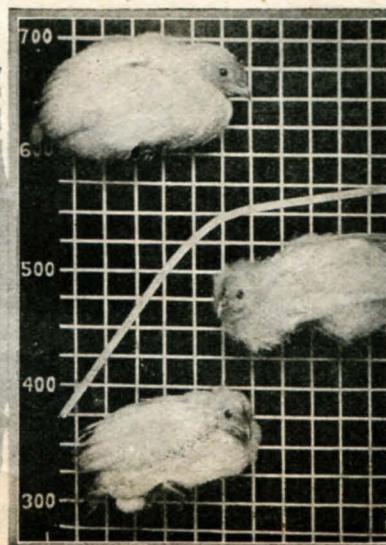
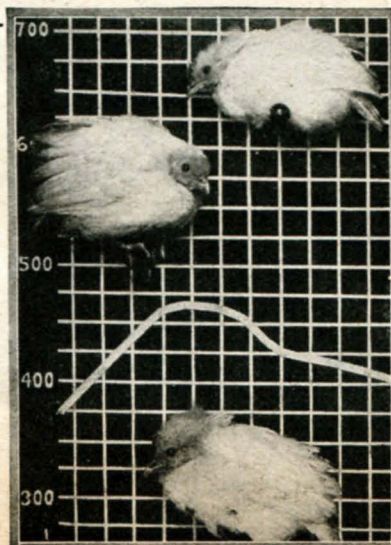
Much greater differences were to be seen in the appearance and especially in the action of the chicks when they were running about in the pens. Notes on such conditions are made with each photo. In studying the weight changes on the various diets you should remember that these chicks were fed through an age period during which they should normally have about doubled in weight. Hence slow growth represents mal-nutrition, while mere weight, maintenance, or actual weight loss represents a condition under which life could not be long maintained. The import of this statement will be more emphatic if you will translate the growth curve into the analogous weights and ages of children. In the life of Leghorn chicks a week approximately corresponds to a year for humans. So these chicks which lost weight in the test would be comparable to children who at the age of six years would weigh less than they did at the age of three years!

## PEN V.

DIET: Denatured grain and meat.

The addition of meat to denatured grain for a time caused fair growth, but as in the case of other deficient diets necessary food elements are quickly exhausted, growth ceases, and the chicks rapidly lose weight and condition. These chicks were not in as deplorable a state as the denatured grain chicks without meat, but they were in much poorer condition at the end of experiment than chicks fed natural

(Cont'd at right)



grain without meat. This would indicate that white bread and meat is an inferior diet to whole wheat bread alone.

## PEN VI.

DIET: Natural grains and meat.

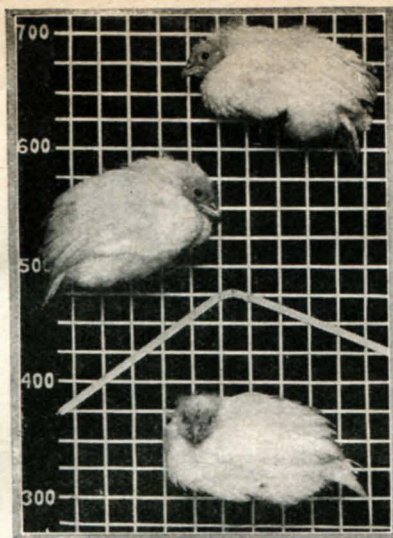
We here secure good growth for a time followed by slower growth, whereas with meat and denatured grains the chicks actually lost weight in the latter part of the experiment. Obviously the meat adds a growing factor to the natural grains while in turn the natural grains overcome obvious deficiencies of the meat.



## PEN VII.

DIET: *Denatured grains, meat and potatoes.*

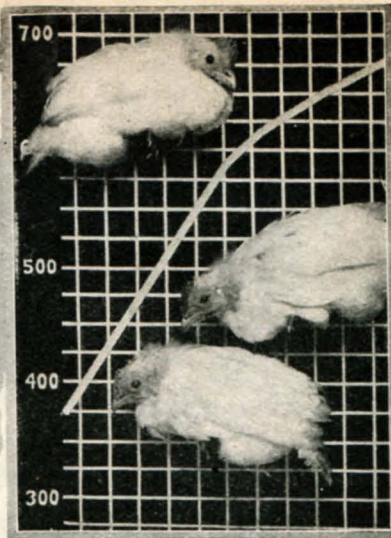
These chicks were obliged to live on a diet much beloved by people who think food reformers are cranks. But the chicks, not knowing what a highly respectable and conventional diet they were getting, refused to grow after having exhausted the stored nutrition from the adequate diet on which the "food crank" had previously fed them. Potatoes do not seem to help this diet—compare with Pen V.



## PEN VIII.

DIET: *Natural grains, meat and potatoes.*

This diet produced the next to the most rapid growth of any menu tested. However, you will observe that the rate of growth is slackening toward the end of the test, which did not occur with any of the milk diets. Contrasted with Pen VI, the potatoes here seemed to show a noticeable additional value, which is hardly observable in any of the other potato combinations.



fact might be discovered as applicable to rats and the closely related mouse, or to chicks and ducks, and yet not be applicable to humans. But the rat and the chicken are no kin—in fact, as zoologists rank them, the rat is more closely related to the human than to the chicken. Therefore, a principle of nutrition found to be applicable to both the rat and the chick is very probably applicable to man. In later work I shall use rats chiefly, but will continue with the chicks, and perhaps add some other animals in order to gain further evidence as to the fundamental truth and general application of the principles involved.

We do not know exactly how to feed humans—that is what we are trying to find out. But we do know that milk is a great—perhaps the greatest—growing food for children, likewise for chickens and rats. We know that many of the deficient foods that cause human mal-nutrition will cause mal-nutrition with chickens and rats. We believe that the very best diets that can be found for chickens and rats will at least throw helpful light upon the best diets for humans.

Moreover, we have as yet found no way by which faster progress can be made in solving human food problems than by carefully conducted feeding tests

upon these types of animals. So until some one finds a better route toward human dietetic truth, we will proceed with our biological tests or animal feeding experiments.

### A Denatured Grain Experiment

In this, our first experiment, I have tested with chicks the nutritive value of denatured grains versus natural grains, as fed alone and with certain other foods.

Fourteen pens of three chicks each were used. The following list gives the ingredients of the fourteen diets in percentages of dry food (water free substance) and also the *approximate* proportions as expressed in the weight of fresh food, with all cereals expressed in the equivalent weight of bread (it takes but three-fourths of a pound of flour to make a pound of bread).

The odd numbered pens, 1, 3, 5, 7, 9, 11, 13, all received denatured grain mixture made of equal parts of white flour, polished rice and degerminated cornmeal.

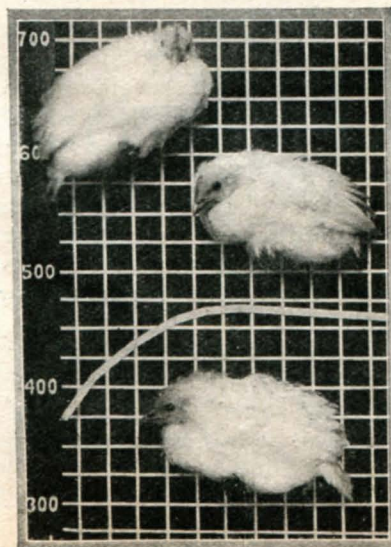
The even numbered pens, 2, 4, 6, 8, 10, 12, 14, received a natural grain mixture made of equal parts of whole wheat flour, natural brown or unpolished rice, and whole corn meal.

(Continued on page 70)

## PEN IX.

DIET: *Denatured grains and kale.*

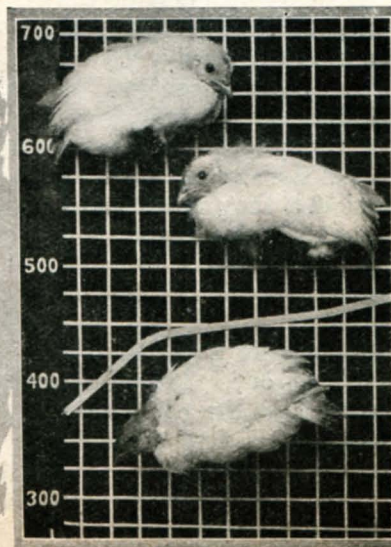
The addition of the green leaves of the kale plant results in some improvement of the denatured grains, but still fails to maintain growth. What is still lacking is presumable growth producing protein. These kale fed chicks were in good condition considering their lack of growth, being about equal in this respect to the chicks fed on nothing but natural grain.



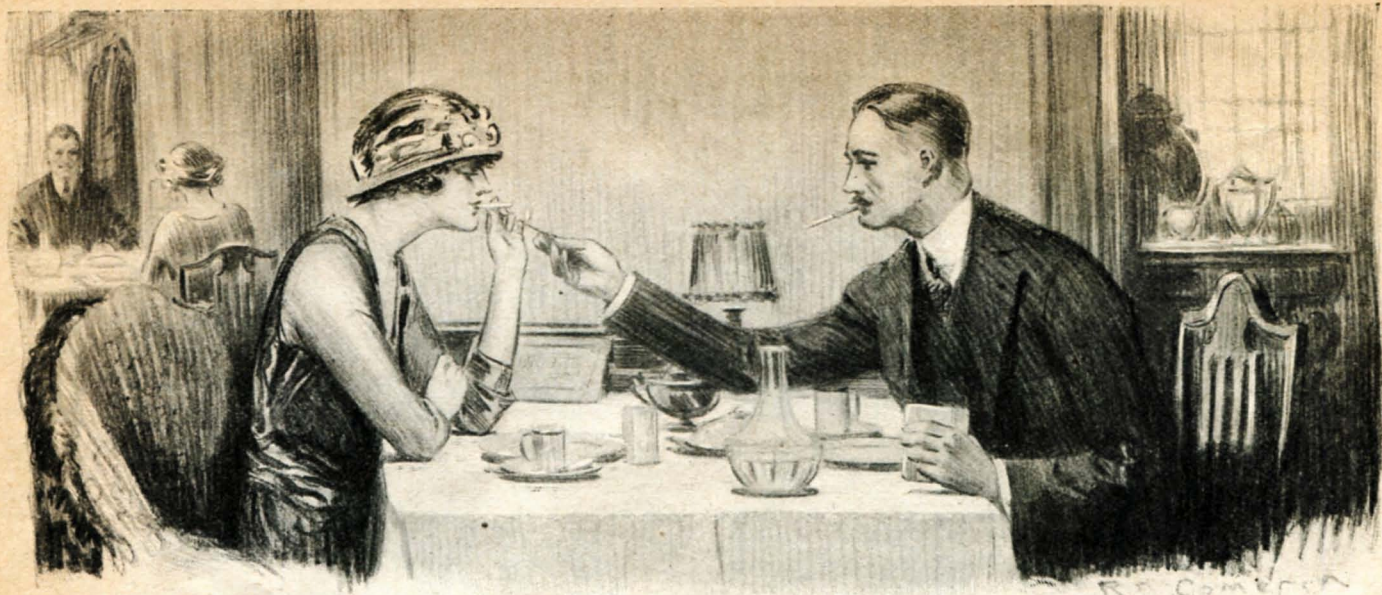
## PEN X.

DIET: *Natural grains and kale.*

The total growth was but a trifle better than with the denatured grains and kale. With the natural grains the chicks at end of experiment were still gaining slowly, while the denatured pen was losing weight. The natural grains and kale show little advantage over denatured grain. We have minerals and vitamins but lack growth proteins. Both lots of kale fed chicks were in better condition than the chicks fed only grain and potatoes, or the chicks eating denatured grains with meat, or meat and potatoes.







# A Woman Pays When She Smokes

This Woman Tried It—The Reasons Why She Should Not Smoke Are Psychological as Well as Physiological

By Rosalind Blades

ILLUSTRATIONS BY R. A. CAMERON

**H**AVE you ever smoked a cigarette that cost twenty-five thousand dollars?

Well, perhaps you have and did not know it. One does not always know how much she pays for the things that she does. Anyway, here is the experience I had in connection with a certain little business transaction.

"You ought to make this a record-breaking deal," my president had told me. "If you handle it right that manufacturer will spend twenty-five thousand dollars with our publication. Get that contract."

For four months I had worked untiringly, step by step, persuading one after another of the B. and L. Company that my publication was the best advertising medium in the country, and that they would make no mistake in selecting it to lead their campaign.

Finally I was admitted, with a favorable report from each of the department men, to the office of the B. and L. President.

A number of interviews, covering a period of two months, had followed that first one. The president was satisfied with my paper, and the company was ready to launch its campaign. We had arranged to have dinner together, at which time I was confident he would sign my contract and close the deal.

We had chatted pleasantly of various things during the meal, but with the arrival of coffee I turned the topic of conversation to my business. The gentleman

opposite produced a cigarette case, took a cigarette and extended the case casually to me.

"Nowadays so many women smoke," he remarked, "that I suppose it's in order to offer you a cigarette."

Right here is where I made the mistake that cost me twenty-five thousand dollars and very nearly cost me my job.

I was not a habitual smoker, but after living in New York five years I did smoke occasionally. I had heard that often a man felt uncomfortable if he smoked in a woman's presence, because of the feeling that she might dislike tobacco. Wishing to put him at his ease, and regarding the matter as not at all important one way or the other, I accepted the cigarette.

"Thanks," I smiled, "I do smoke occasionally," and I allowed him to light the cigarette.

So far as I was concerned, the episode seemed of no importance. We resumed our discussion of the contract.

Almost immediately, however, I felt, in some indefinable way, that the president was no longer unreservedly accepting my point of view. In salesmen's parlance, he had been "coming toward me." Now he was "withdrawing, going away."

I was baffled as to a reason. Had I said something, done something to break his confidence in my paper?

The anxiety made me a little nervous. Twenty-five thousand dollars was no small sum to lose, es-



pecially just at the moment when it seemed safely within my grasp. I could not fail now. My firm depended upon me. I had told the office that the contract, signed and settled, would be in my pocket when I appeared the following morning.

In my agitation, I unthinkingly put out the cigarette and gave my undivided attention to the problem. I talked as I had never talked before, reviewing the whole subject step by step.

The prospect was courteous, even kind. He admitted all that I said, and seemed convinced of my proposition, yet somehow, he was unwilling to close the deal.

"I'll tell you," he said at last, "I believe what you say to be correct. It looks good, but twenty-five thousand dollars is a great deal of money to place with one publication. I think I would prefer to give the matter a little more consideration."

I knew that that did not express his real feelings. Perhaps he was not clearly conscious of his own motive in hesitating. I tried to discover it, to help him to discover it. Then, not himself aware of anything, he revealed it.

He noticed that I was not smoking. Out came his cigarette case, and in a perfectly casual manner he offered it to me. There was something in the movement of his hand, however, that seemed not quite natural, an involuntary muscular movement. It was as though his hand revealed in its motion a subconscious thought. He was not wholly sure that I was reliable. He did not quite feel an unreserved confidence in a woman who smoked. Not that he consciously disapproved, he probably believed that he did not in the least mind, but deeper than conscious acceptance

was an inherent, an emotional reaction, a dislike of seeing a woman with a cigarette in her lips.

I knew that I had uncovered the truth, but that I must not disclose my discovery.

"No thank you," I declined laughingly. "I am not

really a smoker. I have never smoked enough to develop a habit."

He nodded and put away the case. Then, after a pause he asked,

"I wonder if most women really smoke because they enjoy it?"

"Probably those with whom it is a real habit feel much the same as men do," I rejoined, "but I never felt that I cared enough about it to develop the habit. I smoke occasionally, without any real interest one way or the other. You know how one does that sort of thing. It is a matter of following social custom, perhaps."

We talked for some time longer, but we parted without the contract signed. He wanted to think the matter over.

I went home and did some thinking on my own account. I wanted to find out why that cigarette had broken the psychological unity, the confidence bond between us. It was not an easy thing to analyze. Morally I could see no difference between a man who smoked and a woman who smoked. One had as much moral right as the other. Ethically the same seemed true. It was more subtle than a mere matter of standard. But was it?

I decided that it was precisely a matter of standard. It was somehow as though I had allowed that man to see me not quite at my best. It was like this. A man might conceivably appear with his hair disheveled, and no one would think anything about it. He would still be accepted at full value. But certainly, the moment a woman appeared in public with disheveled hair the impression would count vigorously against her. She would never allow such a thing to hap-



Copyright Keystone View Co., New York City

THE doctor told her to keep away from cigarettes, and this is the way she did it, according to the caption supplied by the photographer. Of course this picture is interesting not because it is funny, which it isn't, but because it has a certain bearing on the psychology of the girl who smokes. You will find in this picture that very refined suggestion of feminine daintiness and reticence that the world has come to associate with true womanliness. Perhaps the implication carried in this picture is not entirely fair to many women who smoke, and yet it would seem that in a very general way the emancipation of women seems to take the form not of true freedom, but of license to indulge in the vices of men. And if smoking is harmful it is a vice, equally for men and for women. This does not mean that smoking in the case of women is necessarily associated with immodesty in dress and behavior, though in some cases it may look like it. Many business women smoke, not as an affectation or to be smart, but, just as men do, because they are nervous and because the habit has become something in the nature of a drug addiction. Where this is true, there is no justification for it. For the practice is then just as stupid as any other harmful habit.

pen. It would be uncouth, a sign of carelessness about her person.

It was not at all a question of right and wrong, for if smoking is wrong it is wrong for man as well as woman. It was a question of (Continued on page 131)



# Waking Up Exercises

By Andrew A. Gour, M. G. P. O.

**E**VERYBODY'S day should begin with a series of exercises, before getting up. Exercise improves the condition of the blood. It stimulates the appetite. It gets the body in shape for the day.

When one considers that the human body is over forty-five per cent muscle and that in order for muscular tissue to be healthy and in tonic state it requires activity, it should be evident that no one can keep in good condition unless he practices regular physical exercises or indulges in daily activity.

Activity is necessary to health. Good feeling is impossible without health. Nothing can be more patent than that. Exercise rightly regulated causes a rapid and healthy exchange of tissue. It promotes growth by increasing the process of assimilation and causes a more rapid excretion of old tissue. An active muscle is always more richly supplied with blood than an idle one. Up to a certain point the more active a part the more alive and normal it is. Therefore one of the best ways to refresh the entire body is by exercise.

More oxygen is used during activity than in rest, but through



Illustration No. 1

and takes away more carbon-dioxide and other poisons. The lungs, skin and kidneys rid the system of these poisons more rapidly and the need of more oxygen creates



Illustration No. 2



Illustration No. 3

more rapid respiration. The blood being thus enriched with oxygen stimulates all the glands, organs and tissues to greater activity so that every function is stimulated and the organism is refreshed. Exercise increasing metabolism, or exchange of tissues, not only creates a need for more oxygen but also increases the demand for more food. The tissues changing rapidly need to be renewed.

The blood is hastily relieved of its nourishing principles and this fact is manifested by increased appetite. This means better digestion and excretion; more food enjoyed and assimilated and more joy in life.

Even while traveling it is quite possible to take your

Illustration No. 6

"Waking Up Exercises." To mention exercising in a Pullman berth



Illustration No. 4



Illustration No. 5



the increased activity of the lungs there is more oxygen being supplied. Oxygen follows the law of supply and demand. The tissues, during activity, use up more oxygen, the blood is relieved of its latent supply more rapidly



one has to be more particular about his food while traveling or visiting than he would be while about his usual business. Besides the usual dishes of meat, fish, fowl or eggs that most people consume, a special effort should be made to get plenty of prunes, figs, apples, oranges and other fruit, of distinctly laxative nature, and plenty of whatever raw vegetables are available. Lettuce, cucumbers and tomatoes are usually to be

had on dining cars. If you cannot get both the meat and the vegetable, better make at least one meal entirely of a laxative nature each day. Instead of tea or coffee one will gain by drinking milk and cream or fruit drinks.

As for exercises when you first wake up, it is possible to reach every

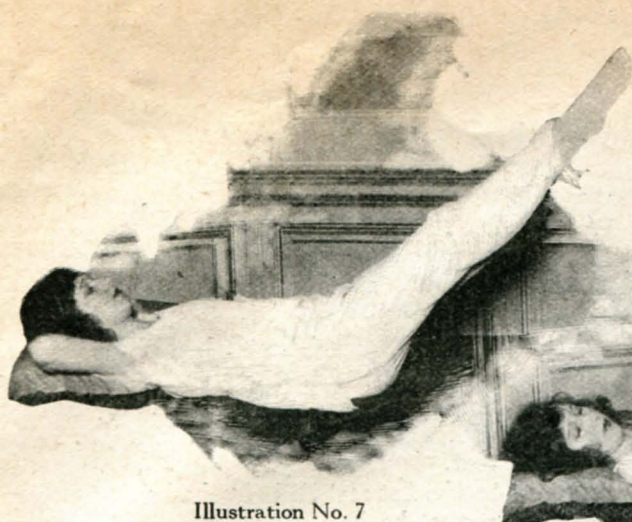


Illustration No. 7

sounds ridiculous to most people. But it is possible to practice a great variety of movements that will prove sufficient to keep one fit and alert. On a long journey by rail one usually feels logy, restless and sleepy.

The stretches and walks indulged in while the train makes short stops prove teasers rather than relievers.

Illustration No. 8



Illustration No. 9



Illustration No. 11

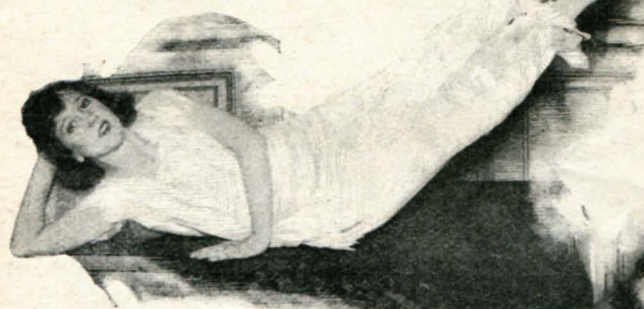


Illustration No. 10



There are also a few rules that must be observed along with exercising. The first thing to attend to is one's diet.

No matter how much exercise one may practice, if the diet is not correct there is likely to be trouble and discomfort.

Of course, when one is away from home, or his habitual haunts, there is sometimes a limited menu to select from. Considering everything

Illustration No. 12



Illustration No. 12a

part of the body through a varied list of exercises and we shall explain a number of them. To obtain the greatest benefit from the exercises the windows should be open and the performer should lie on top of the bed clothes. Relax thoroughly and begin by taking a few deep breaths.

Miss Virginia O'Brien, of musical comedy fame, posed for the pictures to illustrate these movements. Miss O'Brien possesses a sweet and agreeable disposition. Her good health, maintained by all kinds of activity, renders her capable of taking part in all kinds of frolic and fun and she is so jolly and good natured that she is a great favorite among the stage folk. The first illustration shows her stretching as most people do, and this usually constitutes all of the morning exercise. It is not enough. (Continued on page 134)



# What's the Best Vacation?

## *The Open Road as the Road to Health*

By Capt. Wm. P. Barron

ONCE upon a time, five years ago to be exact, three men were stranded in Seattle, Washington. How they came to be there, dead broke and winter coming on, is another story. How they returned to their home in Texas with a combined capital of nine dollars and fifty cents does concern us. The three thereby learned something which each had spent hundreds of dollars trying to find. At the end of the journey they had the most precious thing in the world—their health.

One of these men we will call George for short. And by the way, he was short; in fact, only five feet two inches tall and weighing two hundred and fifteen pounds. Two months before our story opens George's doctor told him he was a hopeless diabetic. Being an optimist, the doctor gave George a possible year of life. Thus condemned, George suddenly became homesick. With every one of the oleaginous pounds on his compact frame, he yearned for his old home town in Texas. To combat this yearning he had three dollars and fifteen cents.

Jim, the tall thin one of the party, had come down from the lumber camps two weeks before to be treated for malaria. After spending that time in the hospital, his doctor had cheered him by explaining that Jim's afternoon fever was not malaria. It was the dreaded tuberculosis. One lung was heavily involved with perhaps an extension to the other.

Jim knew the rest. A sister and a brother had already "fell on sleep" from tuberculosis. So he too was yearning for home—a little ranch-house on the staked plains of Texas. He had never wanted anything quite so badly before. After his hospital bill had been paid, however, Jim had only five dollars and sixty cents left as an investment worry.

Bill, the last and least of these three, thought he had

rheumatism. He had been almost crippled for a year. It had cost him three teeth, a couple of tonsils, six months and three hundred dollars to discover he had focal infection (of whatever use the name might be to him), and flat feet.

In addition to the flat feet Bill also had a desire to go home. The fact that he had a cash capital of seventy-five cents, one pocket knife and a plug of navy tobacco did not argue well for a realization of his desire.

Bill did not despair in the face of disaster. He came from the race that had faced old Cromwell's pikeman. So, as our old friend Homer would say—"he spoke winged words" to his companions in misfortune.

"Say boys, let's hoof it! We can't be nowise worse off walkin' along, and we'll be just that much nearer home."

And they did.

With the exception of an occasional "lift" from a friendly farm wagon, they walked every mile between Seattle, Washington and Dallas, Texas.

When they got to Dallas, George weighed exactly 144 pounds—not a pound of it superfluous fat. The diabetes was gone, and has not returned—so far.

Jim weighed 160 pounds—every pound of it radiating health. No tuberculosis, and lungs like a bull.

Bill didn't know he had any feet, and the focal infection failed to focus any more.

What had brought the change in these men? No doctor, or good kind nurse had ministered to them, at so much a minister. What was it? It was the open road!

For over three months they had held doggedly on their way, with hearts longing for home. Here and there they stopped and worked a few days for farmers in order to buy new shoes, cloth-

(Continued on page 90)



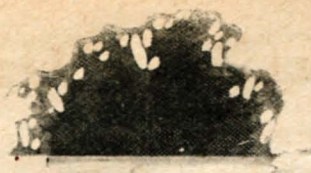
Photo, "The Sentinel at the Bend of the Road," By Emmy Matt Rush  
To him who has ever tasted the delights or known the benefits of an extended hike, every open road is an invitation.



# SHE Fought the *Prudes* at Atlantic City

Miss Ada Taylor, Fighting Mermaid, Champions  
the One-piece Bathing Suit, and Compares Ciga-  
rette Smoking with Swimming in Its Influence  
Upon the Building of Beautiful Womanhood

By Eula McClary



**A**DA TAYLOR is the fighting mermaid of Atlantic City. This perfectly formed young woman of twenty-four, who exemplifies all the beauty-building, health-giving possibilities of swimming, who radiates vitality and walks with the freedom of a wild creature, who has golden, sun-kissed hair that is strong and long and curly; the coloring of a delicate red rose that belongs to woman in her full perfection—this girl who is so self assured, yet modest in mien, who has done more than any other person in Atlantic City to make that fascinating Jersey resort a place for swimmers as well as bathers, is a fighter.

She took a stand on the one-piece bathing suit against the supposedly modest woman's bathing suit, with the dangerous clinging skirt.

She fought for the privilege of the modest one-piece suit called the "two in one"—which is jersey wool, with the skirt of the shirt attached to the waist line. She believes it to be healthful, safe, practical and modest. To-day it is accepted on most beaches.

Regarding her fight, which began last year, to have bare legs of the feminine gender permitted, not barred by law, on the beach of Atlantic City, she said:

"Last summer I wrote a letter to the Czar of our Beach complaining against the edict that we must wear hose. I pointed out, among other details by way of argument, since stockings do not improve the morals of the wearers (watch the bold and daring silk-hosed young women in street dress sit with their legs crossed in



It may be said, incidentally, that Ada Taylor, entered among the competitors in *Physical Culture's* "Most Perfect Woman" contest of last year, was one of the baker's dozen left after the elimination process had left this small picked group for the final selection. Just one more demonstration that swimming is the ideal exercise for developing absolute symmetry and beauty of body.

the most public of public places, with hose shown to the knee and often above) that the lack of stockings will not harm morals or modesty.

"I also called to the Czar's attention an economic fact that seemed to me very significant—the heartiest supporters of the bathing hose law are the bathing house proprietors, who receive a large part of their revenue from the sale of silk hose for bathing. And lucky the girl whose stockings last more than three wearings. I also called to his attention the matter of safety for the women swimmers. Stockings make swimming a really hazardous experiment, for they are dragged by the pull of the water and the toes fill with sand causing them to be a source of danger by their weight.

"The letter fell into the hands of a newspaper man who knew that I am a Presbyterian Sunday School teacher. Realizing that I was in deadly earnest and in to fight to the finish, he (Continued on page 64)



# Fighting Mad

## *The Story of a Warped Soul*

By Tod Robbins

ILLUSTRATIONS BY ANGELO STUDIOS

### CHAPTER XLVI

**W**HAT were my thoughts that night? It would be hard to say. On leaving Jenkins' office, all the bitterness of disappointment had turned my brain to gall. Evil voices whispered in my ear:

"You have suffered enough. Now the time has come to make others suffer. You hold your enemies in the palm of your hand. Spare them not—they did not spare you. Reveal yourself. Take back what is yours. Another stands in your place, so—cast him out—. If they love each other, tear them apart! Say to him: 'Be off! Take yourself away from my home. The master has returned.' And to her: 'You still are mine before God and man, so come to my arms, beloved.' And when she shrinks from your battered face, your loathsome, terrible face—as she so surely must—beat her, laugh at her, but own her still!"

So much they had said and more—far more than I can tell. And listening to their voices, I had laughed, drunk, and sung, till I had met the girl in the darkened street. Looking into her large eyes, it had seemed to me that Louise stood before me, gazing sorrowfully at me and saying gently: "Are you then so weak?"

And so the relentless voices had been shamed to silence; and, walking with uncovered head through the night, I had heard other voices:

"She thought you dead; and she loved him from the first. Her marriage was but the natural outcome of

your disappearance from the world. You killed the old 'Deacon' Colgate deliberately, you sinned against God and man, you cursed both; and now, coming back at last, because another man has taken up the thing

that you had cast away, because he has taken it to his breast and cherished it, you, in your pitiful weakness, would take it back again. 'Deacon' Colgate, do you call yourself a man?"

At first these voices had been very hard to bear. But later, sitting in my room and looking out at the paling stars, I blessed them.

"You killed yourself," they whispered, "so remain unknown. Do not curse them both with a spectre of the past. Let the dead bury the dead."

"But I love her still!"

"Then leave her to her happiness," they answered me. "She never loved you, so now how can she change? Have the years added to you, or have they taken away? When you were young—a mere boy—your face was attractive, even handsome. If she could not love you then, she could never learn to love you now. Take up the cross and march on to your Calvary; march on your rough road of suffering, come bitter or come sweet, to the end."

"I will," I cried wildly, "I will!"

### CHAPTER XLVII

On the following afternoon, I found Jenkins and Roberts awaiting me. The

lawyer had a triumphant look in his bright steadfast eyes, while the doctor seemed despondent. As I stepped into the office, I felt that I had been the bone of contention between these old friends.

### The Story of a Man Who Changed His Face

**"DEACON" FREDERICK COLGATE** has inherited much wealth in the form of New York slum real estate. In his youth he has had a fight with his best college chum, Bruce Smythe, in which Colgate was knocked senseless in front of the fireplace in his room, his arm being burnt in the hot coals so as to leave a disfiguring and identifying scar. Young Colgate meets beautiful but irresponsible Eleanor Watson among his slum tenants, and marries her, only to be disillusioned with her ideas of high society life. Ultimately finding his wife in the arms of his false friend, Smythe, he leaves home and barely escapes death in a railroad wreck. The burned body of another man is mistaken for Colgate, who then, unknown, wanders through the world as a tramp. He develops vigorous health and a taste for fighting, finally being introduced into the prize-ring by a promoter and manager named "Hippo." Known as "Young Lewis," our hero follows the career of a professional boxer for five or six years, during which time his much battered face becomes changed and unrecognizable. Then he is discovered in California by his boyhood friend and college room-mate, Billy Hartley, who takes him home with him to see his sister Louise. The latter advises him to forget the past and go back to his wife. He returns to New York, only to learn that his wife is married to Smythe. Stunned, he goes out on a spree, but straightens up when he saves a girl from her annoyer. The girl gives him her card and disappears.





"Hold on," said he, half rising from his chair. "If I give you this money, will you work for a living?"

"Ah, here he is now!" cried Jenkins. "I was just telling Roberts that you would go back to your own house and get what belongs to you. What a scene it will be! How they'll both squirm! I'd like to be there to see it. They've grown fat from living on the poor."

"Are you going back?" Roberts asked.

Far below in the street, a band was playing a spirited air. The music came up to us softened by the distance. As I answered Roberts, it seemed to me that it flowed into my words, making them melodious and beautiful. I knew that this was the supreme moment of my life, the moment when I was nearest God. The mortal veil tore asunder, and I could see bright faces looking out from the open gates of my soul.

"No," I said slowly, "I am not going back to claim what is mine. Strange as it may seem, Jenkins, I have no taste for revenge. I threw away those thoughts last night. I have banished them from my mind. They have gone from me forever. No, Jenkins, I will remain dead."

"What!" he cried staring at me. "What!"

"I have decided; and nothing will shake me—*nothing*. It was raining last night; and I was wet, miserable and very cold. I drank whiskey and it could not warm me; I laughed, and the laughter burnt my throat—and the rain fell on me steadily, relentlessly. It would not stop, till the truth flashed into my soul like a ray of

sunlight. Then the rain ceased, and the angry muttering of the thunder died away."

"Gone mad!" cried Jenkins. "Gone stark staring mad!"

The music in the street died out at his words as though it had been smothered in his sanity. With its going, I felt the strange exultation leaving me. I was the broken man again.

"I may be mad," I answered, "or *you* may be mad. Who can tell? But if I am mad, I will stick to my madness. Worldly wisdom never brought me happiness."

"And how about the tenants?" Jenkins cried angrily. "What will become of them? Perhaps you don't know that they are ground into grist by your wife's fashionable mill. You may forget *yourself* but how about *them*?"

"I will find a way to help them if I have to steal to do it. I hold you to your promise, Jenkins. Good-day."

A few moments later, as I walked along the street, I felt a touch on my arm. Roberts was beside me. He was breathing heavily as though he had followed at a breakneck pace.

"Won't you come around to my rooms for dinner?" he asked.

"I'd like to very much. What time do you eat?"

"Seven. I'll expect you then. I've got to hurry along now. An urgent case on the Bowery. See you later."



I spent the rest of that afternoon wandering aimlessly through the streets. I imagined that the faces of the poor looked at me reproachfully. It might be that my resolve had not been weighed properly.

Soon an overwhelming desire came over me to see my old house again. Although I fought against it, it mastered me. I started up town.

When I reached the familiar street, I felt my heart beating faster and faster. There, in the distance, was the house. Now it fairly seemed to beckon me. Soon I was passing it, but I dared not glance up for fear that I should see her face at the window. I turned the corner, and felt vaguely disappointed that I had not looked. Later I retraced my steps, and gazed steadily at it.

There was no face looking out—nothing but the gaily nodding flowers, now crimson in the light of the setting sun. Wearily I turned away. That house was my heaven, and I was leaving it behind me at every step.

I found Dr. Roberts in his study. He looked at me kindly and motioned me to an easy chair beside him.

"Sit down, 'Deacon,'" said he. "You played the part of a man to-day. You were splendid; and yet Jenkins may be right. The poor people must be considered; and then, damn it, that's a big fortune to be thrown away for a point of view."

"Fortune!" I cried. "What do I care about the fortune? If that were all. Good God, if that were all!"

"Do you mean that you still love your wife?"

"Love her?" I said slowly. "Yes, I love her more than anything else in the world. The more I suffer because of her, the more I love her. It is because I love her that I will not reveal my identity. It is because I love her that I will sacrifice everything for her—even the poor little children in the tenements. Last night I thought that I was doing a generous thing, a noble thing; but now I see that the path I have chosen is as narrow as my own soul. The voices lied to me; and it is my exalted love for this woman, not for humanity, that makes me go on suffering. The money—what is that? I haunted the street to get a sight of her. I peered through the windows of the house to see her face. I'd go through Hell to look into her eyes! Yes, Roberts, I love her!"

"But she loves nobody," Roberts said musingly. "I don't think she even cares for Smythe. Her mother died nearly five years ago, and I saw a look of relief on Eleanor's face when she learned the news. The whole time that the poor old woman had been sick her daughter hadn't seen her once. She's as heartless and cold as a rock beneath the water. Sometimes I think she has no face at all, only a mask—a beautiful mask."

"Yes, I know. And yet I love her."

"Poor old 'Deacon,'" Roberts murmured, laying his hand on my knee, "Poor old 'Deacon'."

## CHAPTER XLVIII

All my memories of this time have an unnatural aspect—a distorted look, as though my fast-failing brain had twisted and magnified the most trivial happenings. It is thus, that a child, waking at night, might think that each shadow about his bed covered a multitude of black moving shapes.

Every day, rain or shine, I walked past my old house, gazing furtively up at it for the sight of a beautiful

face. Sometimes I saw her looking out, and I would hurry by, trembling from a sensation of mingled pleasure and pain. Sometimes I would see her with Smythe.

At first I tried to stay away from it, but I found that to be impossible. It drew me even as a magnet draws steel. I might start out in another direction, but before night I would be hurrying past it. I was like an unhappy ghost doomed to haunt a dismal spot—a spot which in turn haunts him with pleasant memories.

As time went by, I visited it more often. I began to find difficulty in passing it. In a dumb way it seemed to invite me to enter. I felt that soon it would command. What could I do then? Could I resist?

Once I nearly ran into Jenkins as I turned the corner.

"Ah," said he, with a faint smile, "I see you walk here often."

"I am being noticed," I told myself. "Hereafter I will go out at night—only at night."

But in the darkness of night, when the hush of evening had fallen over the city, strange visions visited me. I never told anyone of what I saw or heard in those hours of meditation, for I knew they could not understand—not even Louise could understand.

Often I stood for hours, with my back against the lamp-post, contemplating this strange house of mine, till suddenly pale apparitions would rise from the darkness—thin, wasted figures folding the tiny skeletons of children in their arms; drunken, debauched girls, with red painted cheeks and glaring eyes; old men and little children who wept till I felt their teardrops falling on my upturned face. But one and all, before they vanished in the outer gloom, would move their pallid lips and point with spectre fingers at the house.

And then the house itself would begin to move—slowly at first, very slowly. At other times it would remain perfectly still; the windows would open quietly, and methodically, till I would hear the voices of Eleanor and Smythe mingling. They would whisper to each other tenderly; and I would listen to them—alone, out there in the night.

Sometimes the house itself would speak to me; and then I felt that my head was brushing the clouds, like cobwebs, from the sky and that this house was like a little wounded animal crouching at my feet.

"Come back to me, master," it pleaded. "Come back to me. You must come back to me."

I loved it dearly, and yet I could not come back to it. Why did it ask me to come back to it? Was it because it could not bear those tender voices that whispered through its open windows?

I often felt an overwhelming desire to bend down and pick up this little toy house; to put it in my pocket; to take it home, wherever that might be; to open it and see what curious things might be inside. But as I reached forth stealthily to seize it unawares, it would grow and grow—till I looked up into its lighted windows, and, sighing, shook my head and turned away.

One night I found that my money was all gone. I grew despondent; so that even the visions in the air became monotonous and wearisome.

"All gone," I said sadly, "—all gone. And yet, Jenkins always gave me money. I will go to him tomorrow. Yes, I will most certainly go to him tomorrow."



## CHAPTER XLIX

It was a dark April day when I started for Jenkins' office. Visions came to me now even in the broad daylight. I seemed to see stern faces staring down at me—grim foreboding faces filled with the wrath of the infinite. Veiled in their sombre canopy, they glared at me, and their dull eyes were heavy with hate. Quickening my pace, I continued to look up at them till I heard a human voice at my very elbow. "Look at that 'nut,'" it said. "The city is full of them these days, Charley." I lowered my eyes and hastened on. Fear was growing in me for the world—fear that it might learn my precious secret of the visions in the air. It could never understand them, never; and I pictured it as standing open-mouthed, astonished and crying: "Why, this man is mad!" When I reached the office, I found Jenkins alone. He looked at me so suspiciously that I felt he was trying to probe into my secret. I assumed my old-time manner, and was very careful not to heed the visions in the air.

"Good-morning, Mr. Jenkins," I said.

"Good-morning, Mr. Lewis. What can I do for you?"

"I want some money. Mine is all gone."

"So," said Jenkins, squinting up his eyes till they looked like the points of two gleaming gimlets, "you want some money, do you?"

"Yes."

"Well, I'm sorry, Mr. Lewis; but I'm not a money lender. Besides, you are a stranger to me. Now I had a friend once, named Colgate, who could have had anything I owned—but Mr. Lewis is quite a different person. How much do you want?"

"Twenty dollars would be plenty," I said flushing. "It seems to me, Jenkins, that after what we've been through together, after how we've worked together—"

"Hold on," he broke in. "Hold on! You go entirely too fast, young man. Twenty dollars is a deal of money. What guarantee have I that I'll ever get it back? Are you working for your living?"

"So that's it," I said bitterly, turning toward the door. "You treat 'Deacon' Colgate like the rest of the

world." For a moment the haunting visions vanished, and I felt a big lump rising in my throat.

"I will treat 'Deacon' Colgate as he treats himself. 'Deacon' Colgate would never need this money; Lewis does, it seems. Well, I don't know Lewis. I only met him a week ago. Cast off the

disguise, man! Enough of this nonsense! Go and identify yourself!"

"I'll never do that, Jenkins," I said. "Good-bye. You've seen the last of me."

"Hold on," said he, half rising from his chair. "If I give you this money, will you work for a living? If I find you a job, will you take it?"

I stopped in astonishment with my hand on the door-knob. Jenkins was on his feet and striding toward me.

"Will you work for a living?" he repeated.

"Yes," I answered. "Of course, I'll work for a living."

"Even if the work is not suited to a gentleman?"

"Certainly. Why should I hesitate? Look what I've already been."

"Then,"

said Jenkins, laying hold of my coat sleeve with one clawlike hand and looking up at me with his head held on one side, "then, Lewis, I can find you work. They need a man in the Smythe house; a man to do odd jobs about the place—tend the furnace, wash the steps, help the butler.

It will bring forty dollars a month. What do you think of it?"

"No, no!" I cried. "Good God, how could I?"

But even as I spoke, I seemed to be standing in the old familiar street and to see the house beckoning to me from the distance. It was no longer entreating, beseeching my attention—no, it was now commanding, crying in a terrible voice:

"Come, master, come! The door is open!"

"You can't?" said Jenkins, loosening his hold on my coat. "That's a pity! It's a very good position, Mr. Lewis. In fact, it's all I have to offer. Good-day."

"Come, master, come!" the house shouted from the distance. And although I (Continued on page 136)



Her face turned crimson. Her eyes glared like those of a spiteful cat.



# Fasting—

## Nature's Wonder-Working Cure

By Annie Riley Hale

**T**HOSE of my readers who can think back thirty-five years, will remember the sensation created in the press and the populace by the historic forty-day fast of Dr. Henry S. Tanner about that period, his being the first case of prolonged fasting brought to public notice in this country.

As few persons knew anything about a regimen of scientific fasting undertaken expressly for the cure of disease, most people regarded Dr. Tanner's experiment as a freakish whim, to obtain notoriety; while the more pietistic resented it as a blasphemous attempt to discredit the miraculous character of Christ's forty-days' fast in the wilderness. I recall that this view was very generally held in that small Southern Presbyterian community where I spent most of my life; and there, as in many others, no doubt, Dr. Tanner was abhorred as a presumptuous infidel.

It never occurred to any of these good people that Dr. Tanner was giving a practical demonstration of more faith in God, or Nature, or whatever one chooses to call the Life Force, than the average church-goer is willing to risk; even as he was exhibiting more scientific knowledge about the physiological processes of the human body, than the average medical doctor seems to possess. For several years Dr. Tanner had been suffering with a variety of ailments, which all his medical skill and that of his medical confreres had failed to relieve. He entered on the fasting, therefore, for the purpose of testing its efficacy as a curative measure, and with the idea that if it proved effective in his case he would be in a better position to prescribe it for others. Public interest in his experiment was so great that he used to exhibit himself daily in a large hall, to satisfy the curiosity of the crowds who flocked to see him.

On one such occasion, after the fast had lasted for two weeks, a quizzing newspaper reporter openly skeptical of the genuineness of Dr. Tanner's abstention

from food, made the dogmatic assertion that "no one could go without food for two weeks and retain enough strength to walk around." "Well," replied Dr. Tanner, "I have been a semi-invalid for several years, as all my friends know; and now—whether you believe it or not—I have fasted absolutely for two weeks. You are young, apparently healthy and vigorous. I will just take a drink of water and then run you a race around this hall, to see which of us has the most strength and endurance." The challenge

was promptly accepted, and the race began amid much amusement in the audience who confidently expected the reporter to win. Their amusement soon gave way to amazement, however, as the doctor quickly out-distanced his competitor in the race, and left him labored and blowing half-way from the goal.

This feat of strength by a faster which so astonished the multitude, is a commonplace to those who understand the principle of scientific fasting, and have seen it exemplified in hundreds and thousands of cases where far more remarkable tests of strength were met than in the Tanner case. In the Macfadden Encyclopedia of Physical Culture (see chapter on "Fasting"), a number of cases are cited of men and women going about their usual occupations while undergoing a twenty, thirty, forty, and in one recorded instance, a fifty-one-day fast, to all outward ap-

pearance stronger, more alert, physically and mentally, than when they were consuming the customary three meals a day. Mr. Macfadden himself is featured lifting a two-hundred pound man (push-up with two arms while lying on back) at the end of a seven-day fast—undertaken for the cure of pneumonia—during which he lost fifteen pounds, which loss he says was greater than it might have been had he kept quiet, instead of the active physical exercises he practiced, such as lifting one-hundred pound dumb-bells overhead with one hand and walking ten miles a day. (Continued on page 113)

### How Does Old Mother Nature Work?

**I**NASMUCH as Old Mother Nature has been running the world for any number of years before our present school of doctors came into being—since the human race and innumerable other species of vigorous and healthy animal life have developed and grown—one raises the question as to how Old Mother Nature got along during those thousands of years without the help of the doctors? Particularly since the animals are so much more healthy than those humans who depend upon doctors. It must be that Mother Nature has a scheme of her own. The animals seem to be wise to it, for they have enough discretion to heed the instincts which Nature has implanted in them. Among these instincts is that of refraining from food when sick. Any dog, any cat, any horse will do that. But your doctor knows better. He fills you full of food which you cannot digest in your deranged condition, and which turns into poison to burden your system still further, and then he also fills you full of dope—with the result that you are "going some" if you can survive both the disease and the doctor. This article is an exposition of the nature of the fasting cure, with a glimpse into its history.—The Editor.



# Even Bone Tuberculosis Cured by Milk

By Edwin F. Bowers, M. D.

**T**HERE may be a few diseases more unresponsive to general treatment, and less likely to spontaneous cure than tuberculosis of the bone—or tubercular osteitis, as doctors call it. But they can be counted without difficulty on the fingers of one hand.

For, when the tubercle bacilli find a breeding place in the membranes and tissues around the bones, and in the bone cells and the canals of the bones themselves, they constitute themselves a grave and serious menace, not only to health, but to life itself.

The intense pain; the wasting away and gradual disuse of the muscles; the distressing spasms that grip the nerves without rhyme or reason—particularly when the sufferer is trying to get a little needed rest; the crippling twisting of the joints; the horrible discharge from the sinuses, or openings formed in the decomposing bone; these symptoms are hardly to be mistaken by any doctor with two good eyes in his head and a functioning nose on the front of his face. And more especially, when they are checked up by the finding of the tubercle bacilli in the matter discharged from the sinuses.

The treatment recommended for this hampering condition by orthodox medical men is varied, and more or less ineffective. It consists in immobilizing the joint, or limb, or spine—or wherever the process happens to manifest itself—by incasing the member, or part, in plaster casts or splints. This, for the purpose of preventing motion and retarding the growth of bacteria.

Injections of iodoform, of chloride of zinc, or of acid phosphates of lime are usually tried—and generally discarded—one after the other. Routine constitutional treatment for tuberculosis is given from the very first—cod liver oil, hypophosphites, iodine preparations, and all the building and reconstructive tonics that the pharmacopœia may suggest as worth while trying in this condition.

If all these methods fail—and they most frequently do—the diseased areas are removed by operation. The infected tissues are thoroughly scraped and cleaned. The walls of every sinus, or opening in the bone, the medulla (or marrow) of infected bones, and every suspicious deposit of tubercular matter in the soft parts—such as the sheaths of the tendons, the synovial cavities, or joint sacs—even the skin itself—is carefully curetted.

If, after all this, the infection should extend into a joint, the bone is resected, or cut out, or the limb—if it is a limb that is affected—may even be amputated.

I describe this condition thus in detail for the purpose of definitely establishing the fact that bone tuberculosis is a painful and dangerous disease—thoroughly disheartening in the results of the treatment usually administered for its relief.

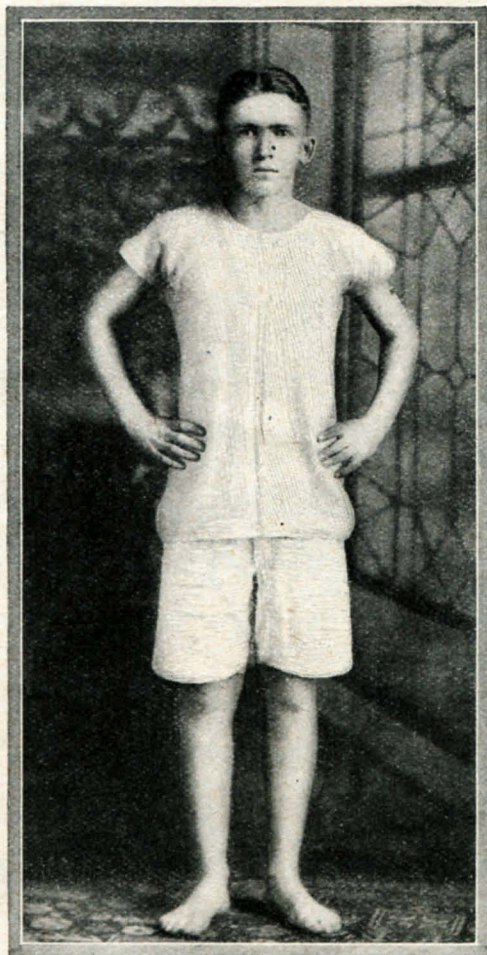
Also, to further establish the fact that any method—no matter how foolish-sounding it may be—that, to all intents and purposes, cures this condition, is a method well worthy of investigation, and thoroughly deserving of serious consideration by the medical men of the world.

For any method that is harmless, while it is at the same time capable of favorably influencing so serious a disease as tubercular osteitis, is a method that should make the medical profession sit up and take notice.

The results of the fasting, milk and citrus fruit treatment have been decidedly encouraging in those institutions making a specialty of this particular method. There is no earthly reason why any medical man shouldn't get equally favorable results—either in his hospital or in his private practice.

In the very interesting case described in this article, there can hardly be any doubt of the diagnosis. The patient was seen by able men; treated in well-equipped hospitals, and

(Continued on page 75)



There's one terribly disappointed undertaker in Pleasant Unity, Pa. For this is Ira J. Bush, and he doesn't look very much like a corpse. Yet that's what the doctors expected him soon to look like because of an apparently incurable case of tuberculosis of the bone. After the doctors could do nothing more for him, of course there was nothing left for him to do but die. He was down to eighty-eight pounds, so then it was all right for him to try natural treatment—depending particularly upon a short fast of four days followed by the milk diet. Between June and October his ulcers all healed, his bones became sound, he climbed up to a hundred and forty pounds and gained five inches in height. Wherefore, that bunch of doctors doubtless share the mental gloom of the undertaker there.



# From Monkey to Man

## Hard Work Did That for Me

**O**N a cold, rainy day in San Francisco, a year ago last winter, I reached the end of my rope. More, I was separated from it with a jerk and thrown into a battle with the greatest problem of my life. I received a bad beating before I was returned a winner, because I tried to defend myself without fighting back. When I took the offensive I won. John L. Problem has a mean look and a wicked punch, but he has a weak defense, and he'll wilt before grit and cool, swift work every time. The first blow I received that day was when I lost

The Story of a Cheap Sport Who Lost His Head, His Job and His Wife—and How He and They Came Back

By Will Rivers

my job. I was fired, fired violently by the used-car agency which had reluctantly kept me as a salesman for two weeks. It was no new experience for me. My con-

nections with three automobile agencies had terminated in the same fashion in as many months.

Blow number two was handed me at home when I reported to Mary, my queen and my garland and everything. She didn't whisper comforting words and smooth my hair until the fires of indignation that blazed in my soul were quenched, as she usually did. I saw a new Mary, a girl with big serious eyes and a pale face. She was silent while I told my story, but when she did speak, standing erect and fixing me with a level gaze, she staggered me.

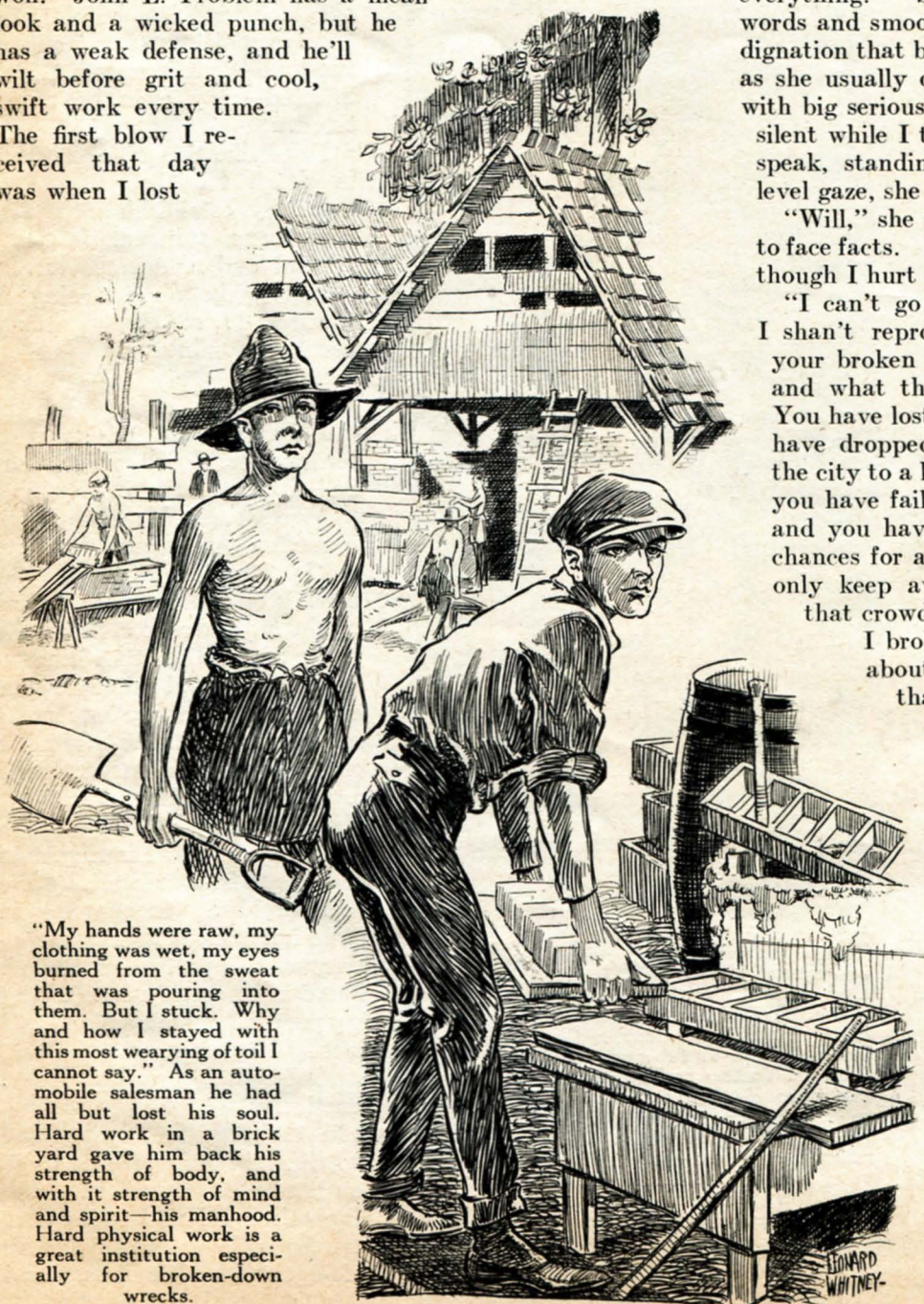
"Will," she said, "the time has come for me to face facts. My self-respect demands it, even though I hurt you terribly.

"I can't go on like this—I honestly can't. I shan't reproach you by reminding you of your broken promises; it's what we are now and what the future may be that matters. You have lost three positions this winter; you have dropped from the biggest auto firm in the city to a little used-car agency. And now you have failed there. Now we are in debt, and you have a reputation that spoils your chances for any good position. If you could only keep away from Charley Winter and that crowd of cheap sports."

I broke in with some heated remarks about life being given us to live, and that everyone had a right to some joy in this world.

"That's true," she answered, still calm and serious. "Yet how many mornings have I had to sit silently watching your scowling face and dull eyes as you nibbled at your breakfast and growled about what you called 'the kinks in my insides.' Do you think your moods of repentance could heal the hurts I had from you when you were wretchedly sick and nervous? Don't you imagine I could see the truth in Mr. Glidden's descriptions of your 'nocturnal indiscretions?'"

"I'm going to be frank with you, Will: you must again become the man I married





two years ago, or I'll leave you. I can't keep my self-respect and live with the man you are now."

Then a dumfounded and enraged egotist came to the front; and the subsequent conversation is of no particular interest, except for its accompaniment of profanity and tears.

I received the third wallop in the midst of this painful scene when Mary's former employer, a fine old lawyer, appeared. I had retreated to a corner when the bell rang, and before he was aware of my presence he let slip the fact that he was bringing some work for Mary to typewrite. It seemed that she had been engaged in this for some time. Well, he got a good glimpse of the storm-clouds and speedily left.

Mary asserted that the necessity of her doing this work was created by my wild and thriftless habits and inability to keep employment. The truth of this accusation increased my rage, and Mary terminated my snarling and yelping by going to her room. I stormed out of our apartment and sought solace in the companionship of Charley Winter and "the gang." There was a combined poker and booze party on that night, and I went the limit. They had to carry me home. I awoke on the davenport at 10 o'clock the next morning, still fully dressed. I was sick, cruelly sick.

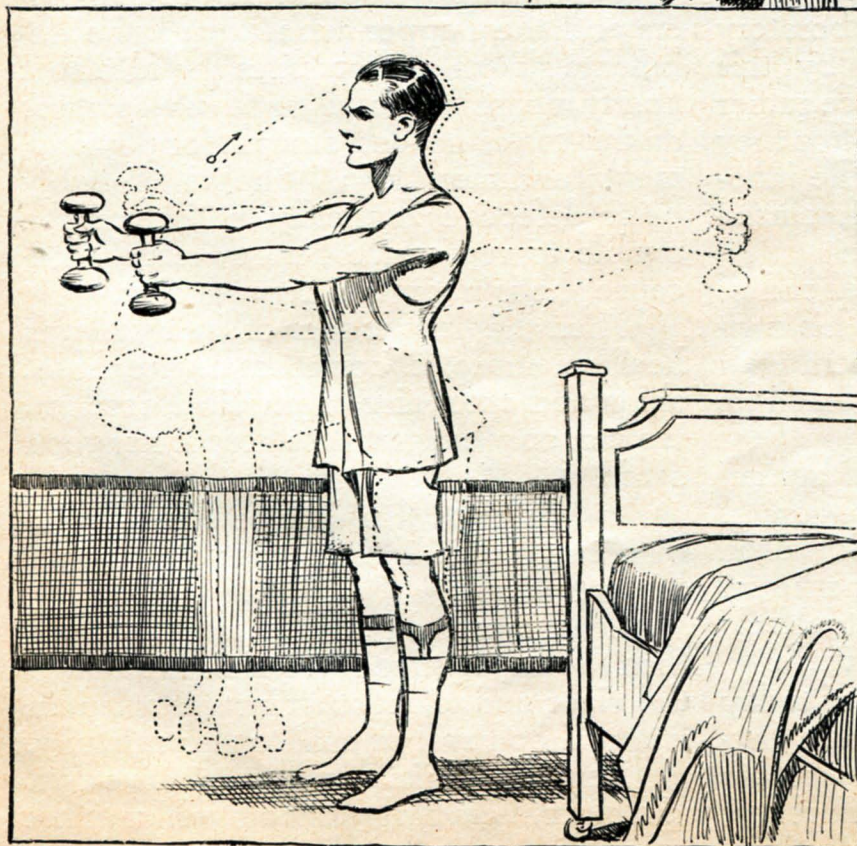
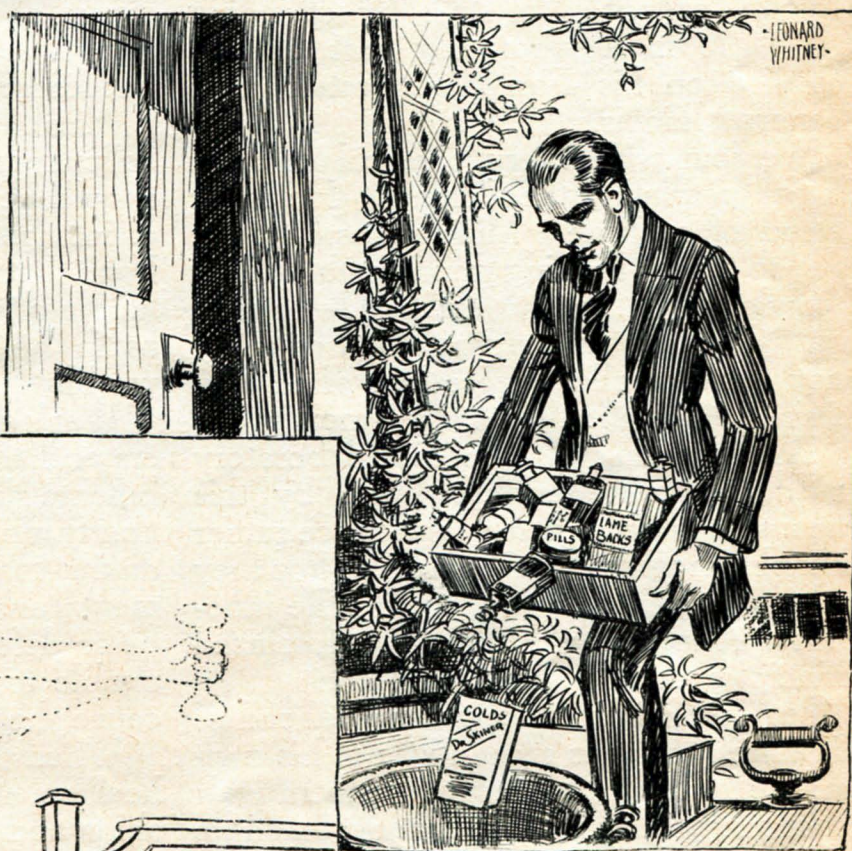
The aftermath of the debauch is the theme of many a jest and comic song. It seems to me that there is nothing more tragic or distressing. Not only is every organ devitalized and every physical impression one of nausea and disgust, but there is a feeling of degradation that is forced on one by the conviction that he walked into his

condition wilfully. The mind is repelled by the circumstances that surround it, and it takes refuge in the illusion that it has passed through a grand and glorious time, that it has been exalted to a god-like state for a moment; and it hides its shame and wretchedness behind this transparent screen.

I arose dizzily; and then I saw the inevitable note on the table. Mary was gone. Where she did not say in the lines that jigged weirdly before my eyes. She told me simply that I should not hear from her for six months, and that it would be useless for me to see her sooner. I must retrieve myself in that time and become worthy of my true powers.

That blow hit me where I lived. All my pretenses vanished like puffs of smoke. I laid me down and wept; yes, bawled like a baby. I felt like the lowest sinner in hell in the midst of his torments.

I'll not narrate the miseries of that day, nor recount the plans and resolutions I made. But it is significant that the thought was ever recurring that the world was unfair to me, that my proved ability was unappreciated, and that my outbursts of (Continued on page 107)



Perhaps you may not be able to go to work in a brick yard for your health. You may have more important work to do. But you can get the same kind of benefit from a good system of physical training, perhaps using dumb-bells instead of bricks. You can do what the man in the story did by chucking your bad habits, your ailments and weaknesses, and finding in a system of vigorous body culture a measure of mental and spiritual discipline that will make a man of you in the larger sense.



# \$100,000 to Study the Flapper

By Bernarr Macfadden

THE flapper is now to be dissected—and she needs it.

There are some things about this liberty-loving girl that we can highly recommend. But we bar cigarette smoking.

Col. George Fabyan, multi-millionaire, man of many interests, is worried about the flapper.

He says that the debutante slouch must go!

That all women should be graceful, and that the majority of us are just pitiful contraptions of flesh and bone. The Colonel proposes to start by spending \$100,000 in a laboratory that he has installed on his Fox River estate near Geneva, Illinois.

We join with every physical culturist in congratulating the Colonel. He is far ahead of his time. Millionaires of today are so busy making money that their knowledge is rarely extended beyond that field of endeavor. Consequently they have to follow precedent when they desire to benefit their fellow-men.

The founding of a medical laboratory is their favorite hobby. And by this means they further the decadence rather than the progress of the world. For they help to fasten more firmly on the innocent public the old, worn-out, fossilized principles of allopathic medicine.

But Col. Fabyan is apparently ahead of his time. He has some ideas of his own and he is not afraid to support them with his money. Let us hope that his example will be freely followed.

The most important factor of all human life has to do with the preservation of the race. The physical status of each generation should be an improvement over the previous generation and the actual facts indicate the situation to be the reverse.

Col. Fabyan sees in the flapper of today the mother of tomorrow. If she is flat-chested, round-shouldered, a miserable specimen of physical life, her children, if she has any, are certain to be defectives.

Wealthy men here have an opportunity to carry their name into posterity to an unlimited extent by giving a lesson to the Government as to what can be done in race improvement. Such a lesson, if properly carried out, should so impress Government authorities that we would soon be giving as much official attention to the building of a perfect race as we are now giving to the improvement in the breeds of hogs, sheep, cattle, etc.

Physical culturists could easily tell the Colonel the cause of the defective physiques of which he complains, but he will doubtless be better satisfied if he finds out for himself.

Miss Mary Todd, an exponent of physical culture, who is aiding him in his work, should be able to present facts that will be of intense interest to the Colonel. Let us hope that the results accomplished in the laboratory referred to will be so important as to be "broadcasted" throughout the world.

Weak girls develop into defective mothers and the flapper who adopts the debutante slouch and acquires the idea that liberty means free indulgence in all sorts of dissipation is headed straight for physical, mental and moral ruin. She will probably be so defective physically that she will be unable to reproduce herself, largely because she is not worth reproducing.

When the flapper idea of liberty means heelless shoes, a corsetless figure, short skirts and other aids to physical freedom, we can only congratulate her for her good sense.

And perhaps this will be the ultimate outcome of the liberties that the flapper has assumed.

She will some day "find herself." And then the importance of physical health and the vigor and vitality that insures splendid womanhood will appeal to her mightily.

Then "flapperism" will mean vigorous, vivacious, beautiful girlhood, which, in all cases, develops into splendid womanhood.



1880

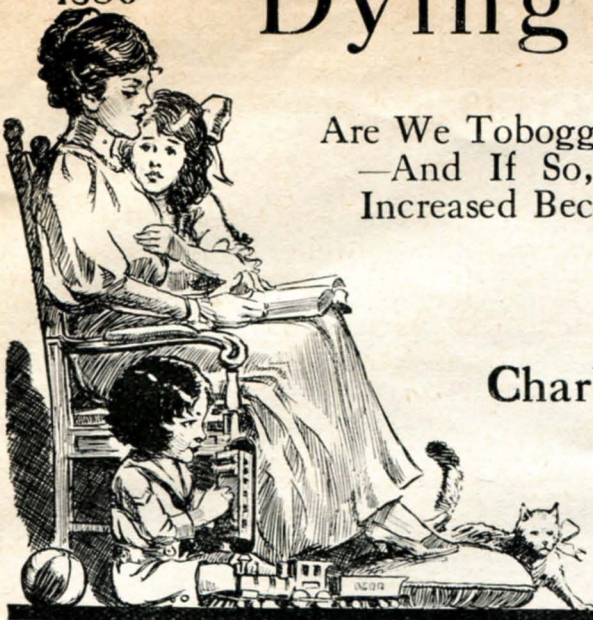
# Dying America

1922

Are We Tobogganing Toward Oblivion  
—And If So, Why?—Has Crime  
Increased Because of Birth Control?

By

Charles F. Carter



—LEONARD WHITNEY—

**E**IGHTY-FIVE families in a Massachusetts town in which records have been scrupulously kept from the beginning had a total of 973 children in 1665, or an average of 11.4 children each. One family had 21 children; another had 15; thirteen families had 13 children each; twenty-four had 12 each; twenty had 10 children each. Another town had in the first generation after settlement an average of 9.5 children each. The sixth generation in that town averaged 2.84 children to each family. As was shown in the first installment of this article last month, the average number of children per family for the United States has shrunk to 3.3 born, of which an average of only 2.9 were living when the 1920 census was taken, while the average number of children per family of the educated classes, the classes to which we must look for intellectual leadership, if we are to have anything of the kind, was only 2.2 children per mother!

What is the reason for this startling decrease in the fecundity of the American people?

The answer is that there isn't any decrease in the fecundity of the American people.

If you are not willing to accept the assertion of a mere layman on so important a subject, deign to hear what Dr. Howard A. Kelly, M. D., Ph. D., F. R. C. S.,

Professor of Gynecology at Johns Hopkins University and one of the most eminent authorities on the subject, says in his work on "Medical Gynecology," published in 1908:

"The question of sterility is a problem of the highest national importance. . . . Fertility is the natural outcome of right, clean living. Such a condition as a congenital, unavoidable sterility in either sex is rare."

That doesn't leave much room for argument, does it? In fact, Dr. Kelly's assertion is so axiomatic that no physician or other informed person undertakes to controvert it. That phase of the subject being disposed of, we are still confronted with the conundrum, what is the reason for the decrease in the American birth rate to an extent which foreshadows the early total extinction of the better grades of stock, to be followed but little later by the downfall of the nation?

## Just What Was the Matter with Rome, Anyway?

**A** TIMELY question in every age—this one about Rome's downfall. The general resemblance of the old political and social life to that of the United States is emphasized by the common usage of terms like "senate," "democracy," but everything in the earlier state was clumsier, more undeveloped. There was little knowledge, few ideas, no press, no popular education, no idea of general representation. And it was at this time that money came into use with its inevitable outgrowth of evil: freedom for some, oppression—even slavery—for others; opportunities for hoarding; expansion of empire for monetary gain, etc. Today with our smug contentment we are just as far from a settlement of these problems as the noble Romans were. Is it not probable that the decay of the ancient state is a problem in sociology, a thing of economics, not the result of living in idle luxury? PHYSICAL CULTURE has always stood for birth control but in fairness we publish this side of the question. What do you think about it?

—The Editor.

tion as complete as that which overtook ancient Rome?

Let Prof. Kelly have the first chance at the answer. Says he:

"A vast amount of that decadence which constitutes a national problem is of the avoidable kind; and such sterility is almost without exception volitional. In this way the percentage of sterility is an index of the morals of a nation."

(Continued on page 58)



# Love and Marriage 100 Years from Now

By John R. Coryell

## CHAPTER XIX

(Continuing the Narrative of William Harris)

**B**ECAUSE I was an old man, and because I had been shut away from the world for so many years,

I was treated with exceptional consideration. My story had been told in the papers so that I was well known by everybody, everywhere. For this reason, I suppose, a choice seat in the stadium was kept for me. I don't mean set apart by the managers of the games, for that they would not have been allowed to do. It was kept for me by the spectators themselves.

I would like to describe the sports in detail, but I am afraid that would not be interesting. It should be enough if I speak briefly of a few of the features that seemed most odd to me and different from what I had been used to.

To begin with the costumes impressed me. In my own time the costumes for sports were already being designed with a view to efficiency rather than what we were pleased to call decency. Men, for example, ran in very scant clothes, and women swam in tights. A female, however, who had worn the same costume anywhere but at the swimming tank would have been arrested; and while a male might have run down Fifth Avenue at night in his scant costume, he would have been arrested if he had walked there so clad. His appearance there in the daytime in such a garb, however, even though he ran, would have subjected him to arrest and perhaps mob violence.

This seems very funny to me now that I have been taught better, though I admit it seemed quite proper that it should be so, at the time. I laughed at my old

attitude as I sat there in the stadium and calmly watched the men and women dressed or undressed as was most suitable for the sports they were to engage in.

I realize, of course, that the men and women of my time would have made a pitiful sight without their clothes; but as Mr. Mason explained to me, the very

fact that in my time no one expected to be seen uncovered made them careless of the condition of their bodies, whereas now anyone would be ashamed of a body that was not at its best. And certainly as I have already said, the people now are splendid.

Naturally some men and women stand out from the others because of their beauty, though Mr. Mason told me that every year there was a noticeable average improvement. There would be in view of the fact that there are awards made for beauty. I am told that the highest award for beauty is looked upon as the greatest honor that could come to any man or woman, since it is almost equivalent to an award for the greatest all-around athletic efficiency, since it is almost never that the winner of the award is not an athlete of the greatest number of championship records in all fields.

In this connection I must set down my amazement at finding that the beauty awards, with rare exceptions, have been carried off by middle-aged men and women. In my time a man of forty or a matron of that age was expected to be well along in deterioration. It is so different now that I cannot get over the wonder of it.

Mrs. Mason, who is forty-five, was one of the contestants for the beauty prize; and I may say that I don't believe any young woman, in my time, was ever one-quarter as beautiful as she. She had won the award twice in succession, but this time she had to give

### Picking Up the Thread of the Story

**O**LIVER RONDALE, writing of events that transpired in the year 2022, details his finding of William Harris, one hundred and thirty years old, in an impassable gorge of the Rocky Mountains, where he has lived a prisoner for a hundred years, shut out from civilization and the progress of the world. Brought back to civilization, the old man is astonished at the changes that have been accomplished, and his quaint and outgrown viewpoints naturally seem very silly and absurd to his hosts. In the swift-moving trend of events the world in the intervening century has progressed faster than ever before.

As to the actual story, our hero, Oliver, has fallen in love with Dorothy Mason, whom he finally marries according to the simplified ideas of the time, and in spite of repeated proposals from Mary Willard, a young woman mathematician whom he does not love, but who has pursued him as relentlessly as the villain pursued the maiden in the great American drama of 1888. Mary is foiled in her effort to kidnap Dorothy before the marriage, and so after its consummation Oliver and Dorothy set out to spend the honeymoon in Happy Valley, where they first met. Following them, Mary attempts to destroy with explosives a clay deposit of inestimable value to Oliver. She is balked, imprisoned for a while and finally released on her declaration of repentance. In the latest chapter William Harris tells what he thinks of the changes that have been effected in the world during the past century.



way to another woman who was also the mother of four children and who had before pressed Mrs. Mason very hard. To my eyes, partial eyes perhaps, Mrs. Mason was of superior beauty yet. Anyhow it was so close a decision that much time was consumed with tape measures and consultations between the judges.

Some of the contests were for men alone or women alone; some were between those of a certain age regardless of sex; some were between those of any age or sex. The latter were the most interesting to me as evidencing that the standards of my time regarding sex limitation had been based on a firmly rooted belief and not at all on fact. The way in which Mrs. Mason won the two hundred yard running race against the best runners of both sexes—champions from all over the United States—showed that, after all, sex doesn't really count.

There was another surprise for me in this case. In my time I had seen a runner, by a supreme effort of will, hurl himself against the rope at the finish, and then drop exhausted. When Mrs. Mason won she was apparently none the worse for her exertion; nevertheless she was carefully examined for the condition of her heart and her legs; and it was not until she was seen to be normal that she was pronounced the winner.

My very dear young friend, Oliver Rondale, won the wrestling championship, subduing his opponent in the final trial in half an hour. It was good to see a clean, honest wrestling bout, something I had never seen between professional wrestlers in my time, when the noble sport was always tainted by the suspicion of

fraud. Now, I am told, there is no such thing as a professional athlete.

I was not a little startled to see, in the swimming contest for girls under twenty-five, for fifty yards, that both Dorothy and Mary were entered. They are both remarkably beautiful girls. Mary bore herself with such a confident air that, to tell the truth, my heart was in my throat lest she should beat Dorothy. I think Dorothy must have guessed what was in my mind, for she searched me out with her eyes and smiled at me as if bidding me be of good heart.

Perhaps Oliver was right when he said Mary was confident because she had no imagination and that Dorothy was confident because she was of such a sunny nature that she inevitably always saw the bright side of anything. Both seemed confident anyhow.

There were a great many contestants; at least fifty; and I must say that I never saw a lovelier sight. No doubt they represented every type of beauty, but all I saw was a long line of Dianas standing expectant on the edge of the great pool sunk in the middle of the stadium.

In my time no words could have been found to sufficiently condemn the idea of fifty nude young women standing there in the open for anyone to see; but even I, thrilled as I was by the beauty of the spectacle, had no thought of impurity or of impropriety. I am amazed when I consider how short a time it has taken me to adjust myself to the customs of this day. It was a short time but a long step from the day when I smugly turned my back on Oliver (*Continued on page 120*)



This heroic subject—the original drawing of which was discovered, marked with apparently great age, in an old bookshop in Florence, Italy—is something in the spirit of Rodin's "Thinker." Though the artist perhaps had no such vision, it symbolizes the struggle of humanity toward a better world with finer and nobler standards of life. It is toward this that we hope we are moving, and a glimpse of which we are presumably giving in this story laid in the year 2022.



# What Would You Do in This Case?

## *A Personal Problem Department*

Conducted by Carl Easton Williams

THERE is no doubt that marriage is a great source of trouble. Not only are married people frequently in trouble of one kind or another, but even those who are not married are in trouble about the question as to whom to select as a future trouble-maker.

Perhaps you can help this excellent young man, who does not know his own mind, to make his selection. We don't know how many times you have been married, dear reader, but if many a time and oft perhaps you will be in a good position to tell Mr. C. T. M. just where to get off.

But first let us read his letter:

I am a young man of twenty-two. Marriage is my highest ambition. I believe in early marriage, when it is possible.

Two girls have come into my life; one is the girl who loves me, and the other is the girl I love more than anyone else in this world. I am undecided, however, as to which I shall marry. Possibly I should marry neither.

The first girl, the girl who loves me, I have known almost my entire life. Her family is very wealthy and well known socially. She and I have been practically raised together, and we have been just like brother and sister. We have been the best of friends, in fact, I shall say that she is my best friend. I never have had a friend more generous or unselfish. Up to two years ago, we were together almost all the time. We always have gone to parties and dances together, but never did we talk of love or marriage. Possibly she thought of it, but to me she seemed just a sister. She always has taken a keen interest in everything that I have done and has been a real pal and helpmate, and she always has considered my pleasure and convenience before her own. She and I understand each other well, we like the same things, and we get along together perfectly. She never once gave me the impression that she cared for me, except as a good friend, and if she did, I failed to grasp it. Up to my twentieth year, I had not thought much about marriage; I was too busy with other things.

Soon after my twentieth birthday, I met the girl, and for the first time in my life I understood what it was to be in love. Her family is poor and not up in the world, and I care little about them. However, I do love this girl. She likes me, but she does not love me, at least not in the manner that the other girl does. She found me worth hanging on to, for I took her to places she never dreamed of seeing, she enjoyed riding in a high-priced car, and through me she could meet the best people in the town. The more I saw of her the better I liked her, and I had just one ambition—to make her my wife.

When I became twenty-one, I obtained control of a fair-sized fortune which made it possible for me to realize my ambition. I suggested marriage to her, but she gave me no definite answer. I started planning a little home, and I had the first girl help me plan it, for she has very good taste. That little home, one of the most attractive little homes in the town, was completed six months ago. The first girl really planned it entirely, and she and I spent a great deal of time discussing it. As soon as the home was finished, the other girl took an interest in it. It was a much finer home than she lived in, and she got a sudden desire to live in it. She liked it and she would marry me so that she might live in it, but not because she loved me. Her family are very anxious that she marry me, for they consider it a "wise" marriage, and they try to make her see it that way, and she at last has come to that conclusion herself.

One day, after the home was completed, I went there and found the first girl there crying, crying as if her heart would break. I took her completely by surprise, and she acted very much ashamed. I asked her what

the trouble was, but she gave me no answer. It was only after a long argument that I finally learned the truth.

She told me that

she loved me more than anyone else, and that she had hoped always that she and I would marry. That, of course, was a great surprise, and it surely set me thinking. I decided to give up marriage for the present, and to put more time on my education. But I want to marry soon. Some people would say that I should abandon all thoughts of marriage until after I have finished my education. But I shall go to college for some time yet, even after I marry. It is fortunate that I have enough to do both at the same time.

Which should I do—marry and take a chance with the girl who loves me, hoping that I can learn to love her as I want to love my wife? Or should I marry the girl I love in spite of the fact that she does not as yet love me as a wife should love her husband? Or should I marry neither? If I had nothing, I am sure that the poor girl would not consider me for a moment. However, I love her in spite of it. What I have means nothing to the wealthy girl, for her family are far above me, and she would marry me if I had not a cent. Marriage means everything to me, and if it would be a failure, I should consider myself a total failure. The problem seems impossible for me to solve. Possibly someone with more experience in life can solve it for me.

The whole matter briefly stated is this: Is marriage more successful when the woman selects her husband and loves him more than he loves her, or is it more successful when the husband selects a girl that he loves dearly, but who cares not as much for him as he cares for her, or should it be only a fifty-fifty proposition?

C. T. M.

If we may presume to pass a few remarks, just to start the ball rolling, we would say that the fifty-fifty proposition is the ideal arrangement if it is available. Unfortunately it is sometimes difficult to know just when the mutual love that leads to marriage is a fifty-fifty proposition. Of course, a forty-nine-fifty-one, or even a forty-sixty ratio would not be so bad.

But coming back to the case of our correspondent. It would seem that the difficulty arises not only because he cannot make a decision, but from the primary fact that he is not sure of his own feelings. He says that he loves one girl, but it is evident he is not entirely satisfied. There is something that makes him hesitate. Perhaps it is a subconscious doubt that he would be happy with her, and that the marriage would turn out well. Apparently he does well to hesitate. As a matter of fact, the proper thing for him to do in the case is to hesitate still further. In other words, to wait. Time is the great factor in the solution of a problem of this kind.

In ever so many situations of this kind the truth is that the victim does not know his own feelings. C. T. M. is not so sure that he does not love the first girl—the girl who loves him; nor is he any too sure of the state of his feelings (Continued on page 126)



## Cantilever Stores

Cut this out for reference.

Akron—11 Orpheum Arcade  
Altoona—Bendheim's, 1302—  
11th Ave.  
Asbury Park—Best Shoe Co.  
Asheville—Pollock's.  
Albany—Hewett's Silk Shop, 15 N. Pearl  
Atlanta—Carlton Shoe & Clo. Co.  
Auburn & Geneva, N. Y.—Dusenbury Co.  
Austin—Carl H. Mueller  
Baltimore—325 No. Charles St.  
Battle Creek—Bahlman's Bootery  
Birmingham—219 North 19th St.  
Boston—Jordan Marsh Co.  
Bridgeport—W. K. Mollan  
Brooklyn—414 Fulton St.  
Buffalo—639 Main St.  
Butte—Hubert Shoe Co.  
Cedar Rapids—The Killian Co.  
Charleston—J. F. Condon & Sons  
Charlotte—221 Piedmont Bldg.  
Chicago—130 E. Randolph St. (Room 502)  
—4750 Sheridan Rd. (Room 214)  
Cincinnati—The McAlpin Co.  
Cleveland—Graner-Powers, 1274 Euclid Av.  
Columbia, S. C.—Watson Shoe Co.  
Columbus, O.—104 E. Broad St. (at 3rd.)  
Dallas—Leon Kahn Shoe Co.  
Davenport—R. M. Neustadt & Sons  
Dayton—The Rike-Kumler Co.  
Denver—224 Foster Bldg.  
Des Moines—W. L. White Shoe Co.  
Detroit—T. J. Jackson, 41 E. Adams Ave.  
Easton—H. Mayer, 427 Northampton St.  
Elmira—C. W. O'Shea  
El Paso—Popular Dry Goods Co.  
Erie—Weschler Co., 910 State St.  
Evanston—North Shore Bootery  
Fall River—D. F. Sullivan  
Fitchburg—W. C. Goodwin, 342 Main St.  
Galveston—Fellman's  
Grand Rapids—Herpolzheimer Co.  
Harrisburg—Orner's, 24 No. 3rd St.  
Hartford—86 Pratt St.  
Holyoke—Thos. S. Childs, 275 High St.  
Houston—306 Queen Theatre Bldg.  
Huntington, W. Va.—McMahon-Diehl  
Indianapolis—L. S. Ayres & Co.  
Jackson, Mich.—Palmer Co.  
Jacksonville—Golden's Bootery  
Jersey City—Bennett's, 411 Central Ave.  
Kansas City, Kan.—Nelson Shoe Co.  
Kansas City, Mo.—300 Altman Bldg.  
Kingston—E. T. Stelle & Son  
Knoxville—Spence Shoe Co.  
Lancaster, Pa.—Frey's, 3 E. King St.  
Lansing—F. N. Arbaugh Co.  
Lawrence, Mass.—H. Woodman  
Lexington, Ky.—Denton, Ross, Todd Co.  
Lincoln—Mayer Bros. Co.  
Little Rock—Poe Shoe Co., 302 Main St.  
Los Angeles—505 New Pantages Bldg.  
Louisville—Boston Shoe Co.  
Lowell—The Bon Marché  
McKeesport—Wm. F. Sullivan  
Macon—The Dannenberg Co.  
Milwaukee—Brouwer Shoe Co.  
Minneapolis—25 Eighth St. South  
Mobile—Level Best Shoe Store  
Montgomery—Campbell Shoe Co.  
Morristown—G. W. Melick  
Mt. Vernon, N. Y.—A. J. Rice & Co.  
Nashville—J. A. Meadors & Sons  
Newark—897 Broad St. (opp City Hall)  
New Britain—Sloan Bros.  
New Haven—153 Court St. (2nd floor)  
New Orleans—109 Baronne St. (Room 200)  
New Rochelle—Ware's  
New York—22 West 39th St.  
Norfolk—Ames & Brownley  
Oakland—205 Henshaw Bldg.  
Omaha—1708 Howard St.  
Passaic—Kroll's, 37 Lexington Ave.  
Pawtucket—Evans & Young  
Peoria—Lehmann Bldg. (Room 203)  
Philadelphia—1300 Walnut St.  
Pittsburgh—The Rosenbaum Co.  
Pittsfield—Fahnes, 234 North St.  
Plainfield—M. C. Van Arsdale  
Portland, Me.—Palmer Shoe Co.  
Portland, Ore.—353 Alder St.  
Poughkeepsie—Louis Schonberger  
Providence—The Boston Store  
Reading—Sig. S. Schweitzer  
Richmond, Va.—Seymour Sycle  
Rochester—148 East Ave.  
Rock Island—Boston Shoe Co.  
Saginaw—Goeschel-Brater Co.  
Salt Lake City—Walker Bros. Co.  
San Francisco—Phelan Bldg.  
Arcade  
Savannah—Globe Shoe Co.  
Schenectady—Patton & Hall  
Scranton—Lewis & Reilly  
Seattle—Baxter & Baxter  
Shreveport—Phelps Shoe Co.  
Sioux Falls—The Bee Hive  
South Bend—Ellsworth Store  
Spokane—The Crescent  
Springfield, Ill.—A. W. Klaholt  
Springfield, Mass.—Forbes & Wallace  
Stamford—J. Spelke & Son  
St. Louis—516 Arcade Bldg. (Op.P.O.)  
St. Paul—43 E. 5th St. (Frederic Hotel)  
Syracuse—121 W. Jefferson St.  
Tacoma—255 So. 11th St. (Fidelity Bldg.)  
Terre Haute—Otto C. Hornung  
Toledo—LaSalle & Koch Co.  
Trenton—H. M. Voorhees & Bro.  
Troy—35 Third St. (2nd Floor)  
Tulsa—Lyons' Shoe Store  
Utica—Room 104 Foster Bldg.  
Waltham—Rufus Warren & Sons  
Washington—1319 F. St.  
Waterbury—Howland-Hughes Co.  
Wheeling—Geo. R. Taylor Co.  
Wichita—Rorabaugh's  
Wilkesbarre—M. F. Murray  
Worcester—J. C. MacInnes Co.  
Yakima—Kohls Shoe Co.  
Yonkers—Louis Klein, 22 Main St.  
York—The Bon Ton  
Youngstown—B. McManus Co.  
Zanesville—J. B. Hunter Co.

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275 other cities

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Your vacation comfort should not end when you board the train for home and routine duties. Cantilever Shoes help you to conserve the vitality and bodily grace you acquire thru relaxation and outdoor exercise.

The flexible arch of Cantilevers gives elasticity to the step because it is made like your own foot arch and flexes with every step. Cantilevers are roomy without being loose; snug-fitting without pinching. The arch of Cantilevers follows the curve of your foot arch, giving it the supple, restful support that nature would give you walking barefoot over soft ground or sand. Cantilevers permit the foot to exercise naturally and the blood to circulate normally, which keeps the foot healthy and youthful.

Your youthful flexibility depends much upon the shoes you wear. If your shoes are made the Cantilever way, your work in the home or office, your Fall shopping, your social calls, your week-end trips or occasional outings, may be done with the freedom and comfort you enjoyed on your vacation.

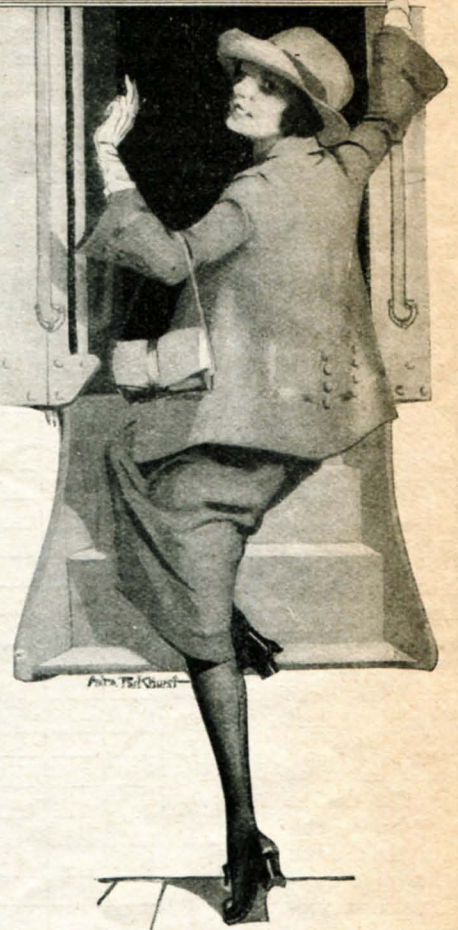
Cantilever Shoes are good looking. Fashionably dressed women everywhere like their neatly rounded toe and low or medium heels. The fine materials in them are joined together by workers skilled in making a flexible arch shoe built on youthful lines.

Cantilever Shoes are trade-marked to protect you from substitution. They are sold by intelligent dealers everywhere who understand the foot and how to fit each individual type of foot.

Except in New York City there is only one dealer in each town. If no dealer listed at the left is near you, write to the manufacturers, Morse & Burt Co., 1 Carlton Ave., Brooklyn, N. Y., for the name of a nearby dealer and a free booklet that gives many interesting points on shoes.

# Cantilever Shoe

Endorsed by Women's Colleges, Women's Clubs, Public Health Authorities, Physicians, Osteopaths, Directors of Physical Education, Editors, Stage Celebrities and prominent women everywhere.





# Dying America

(Continued from page 53)

Translated into the vernacular, Prof. Kelly is trying to say that posterity is being deliberately, wilfully, premeditatedly and with malice aforethought, murdered by its unnatural parents. Herod's Safety First attempt to protect himself by slaughtering the children when Christ was born seems crude and amateurish compared with the massacre of the innocents by twentieth century birth controllers. The identical practices which caused the downfall of ancient Greece and Rome are eating the heart out of American civilization now.

If Prof. Kelly's assertion is too startling to be assimilated at the first attempt suppose you glance at the following excerpt from the report of the special committee on criminal abortion of the New York Medico-Legal Society submitted in 1872. It is desirable to go that far back at least in order to prove the case; for the decline of the birth rate has been long continued and progressive. Note that it had already become so grave a menace half a century ago that a distinguished professional organization took cognizance of it, condemning the practice by a vote of two hundred and ten to seventy-two. Said the Committee:

"To so great an extent is this (abortion) now practiced by American Protestant women that by calculation of one of the committee, based upon correspondence with nearly one hundred physicians, there come to the knowledge of the profession seventeen abortions to every one hundred pregnancies; to these, the Committee believe, may be added as many more that never come to the physicians' knowledge, making thirty-four per cent. of all cases ending in miscarriage; that in the United States the number of criminal abortions is not less than 100,000 annually, and that the number of women who die from its immediate effects is not less than six thousand per annum."

Protestant women are singled out as

the exclusive offenders because the Catholic church preaches from the altar that such practices are nothing more nor less than murder. Whether the assumption was warranted or not the Committee apparently believed this moral restraint was effective. Jewish women think it an honor to have a large family; that is, the ones who have not been in America long enough to become emancipated and enlightened. But they are learning, if Jewish physicians can be believed. So it happens that the race which has not merely survived but has even thriven under the most universal

lence of criminal abortion many of you may at first think I have gone mad. There is no darker page in history than this sin. Countless millions of human lives have thus been sacrificed; and at no period of the world's history has the slaughter been greater than in our times. The results to our own country and to the world at large have been disastrous to the last degree."

Dr. Scott quoted the opinion of Dr. W. A. Chandler, a physician of more than thirty years' practice, to the effect that more than half the human race died before birth, and that three-fourths of

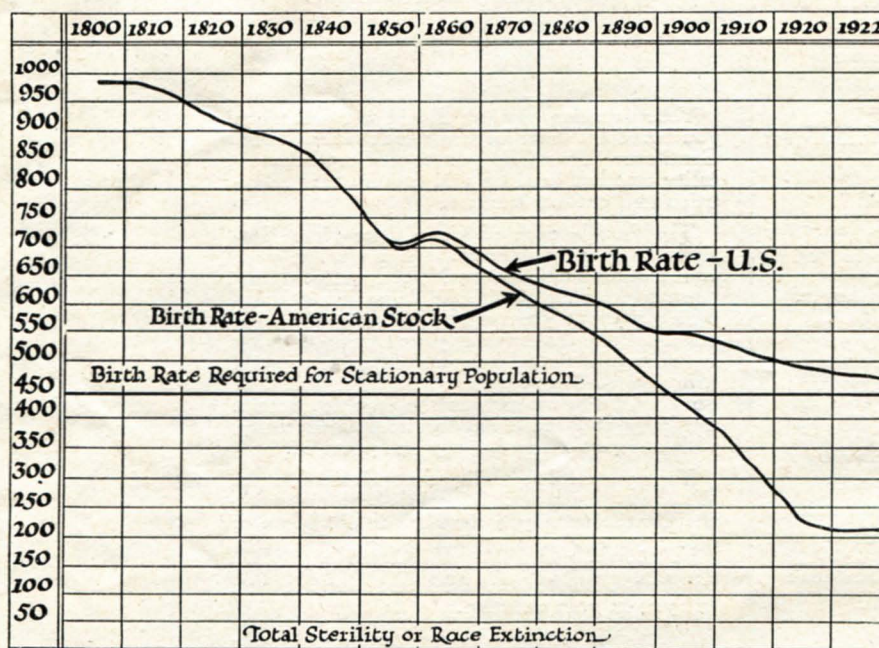
this number died by intent. His own opinion was that between seventy-five and ninety per cent of pregnancies of married women ended in abortion.

Taking another stride of twenty years across the historical background brings us to 1916. Dr. Ira S. Wile, of New York, addressing the Cincinnati meeting of the American Public Health Association in October of that year said:

"Contraceptives are sold in drug stores throughout the country without interference, providing con-

science is stretched and the instrumentalities are dispensed on the plea that they are agents for the prevention of disease. It is known that in 1900 there were only three-fourths as many living to each thousand potential mothers as there were in 1860. The reason for this decreased birth rate is undoubtedly due to the deliberate and voluntary avoidance or prevention of child bearing on the part of a steadily increasing number of married people who not only prefer to have but few children, but know how to obtain their wish. At the present time the practice of birth control is more or less limited to the more intelligent part of the population and, indeed, to those whose means would most warrant the development of large families. According to Dr. Lee, while abortion occurs among the lower classes, criminal abortion is more frequent

(Continued on page 60)



This graphic diagram shows in a striking way the rapid decline of the birth rate in the United States, as compared with the still more rapid decline of the birth rate of exclusively American parents. The vertical columns represent decades; the horizontal lines the number of children under five years of age to each thousand women between the ages of sixteen and forty-four

and persistent persecution, upon being transplanted to America, begins to show unmistakable signs of decline in the educated and well-to-do strata.

Note that the Committee report was submitted when the population of the United States was but little more than one-third of what it is now. At the same ratio the number of women dying from the immediate effects of criminal operations would approximate seventeen thousand annually. Nobody knows what the actual number is, for statistics on the subject are not kept, nor are they likely to be kept.

As the next step is bringing the subject up to date, consider this statement by Dr. James Foster Scott, Obstetrician to Columbia Hospital, Washington, over his signature in the *American Journal of Obstetrics* in 1896:

"When I tell you of the great preva-



# WHAT IS A BAR BELL?

A BAR BELL is simply a long handled dumb-bell and is used for body-building exercises. By a great many physical culturists, the bar bell has always been considered a huge, unwieldy affair, which was intended for use only by professional strong men and those who wanted to develop great strength but not for a man who was weak and undeveloped and whose aim was only to obtain better health.

It is quite true that the bar bell has developed all of the professional strong men of the country. The fact that it does produce such surprising results in developing strong men makes it the best apparatus for those who wish to exercise for health only. While there are many professional strong men among our pupils, for every one of these we have a thousand men who exercise for health only.

When speaking of a bar bell, it is of course understood that it is adjustable. Otherwise, it is worthless as an exercising apparatus. It is made adjustable not that it may be made as heavy as possible, but in order that it may be made light enough to suit the needs of any individual. As a health developer, the bar bell has no equal. It costs less than the average course of instructions or apparatus you may buy, and produces real results. It is not necessary to keep it in a gymnasium, it can be used right in your bed room. It will not be necessary for you to waste time going to and from a gymnasium, or to risk the ridicule of your companions there on account of your slight, puny figure.

## What Can We Do for You?

WE are willing to be perfectly frank and state that what we can do for you depends entirely on yourself. If you are one of those individuals who think that health and strength are things that can be obtained over-night, by reading a book on the subject or by any system of mental gymnastics, then we can do nothing for you. The things in this life that are really worth while are the things we acquire by our own efforts. The results that you will obtain from our system of exercise depend entirely on yourself. If you value health and strength enough to work for them, there is absolutely no limit to the results you can obtain from our system of exercise.

If we could merely give you increased health and a certain amount of strength, we would be rendering you an invaluable service, and the claims we make for our system of exercise would be justified. We do more than this. We can give you perfect health, great strength, and a symmetrical development that will win you the respect and admiration of all your friends and acquaintances. We do not promise results, we guarantee them.

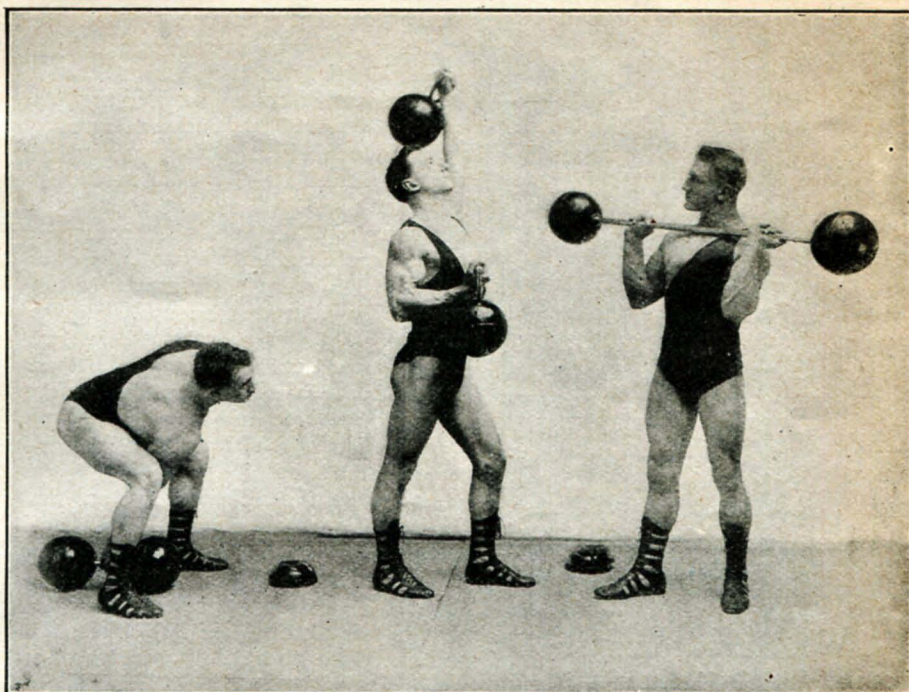
And we back this up with a real results-or-money-back guarantee. If at any time within a period of three months after you purchase a bar bell from us, you are dissatisfied with the bar bell, the courses of instructions or the results you are obtaining, you are privileged to return the bell and the courses to us and your money will be refunded without question.

**IF YOU ARE GOING TO EXERCISE AT ALL, WHY NOT GO AFTER RESULTS? SEND FOR OUR ILLUSTRATED CATALOGUE TODAY.**

## THE MILO BAR BELL CO.

*Physical Culture Specialists and the largest manufacturers and distributors of bar bells, dumb-bells and kettle-bells in the world.*

**Dept. W, Third and Diamond Sts., Philadelphia, Pa.**



*In this illustration, three of our advanced pupils are shown using bar bells, dumb-bells and kettle-bells. In our combination outfits, the bar bell is the greatest developing medium—the kettle-bells and dumb-bells are subsidiary parts. It is because they use bar bells that our pupils can develop such phenomenal strength in all parts of their body.*

## STRENGTH THE MAGAZINE OF GOOD HEALTH

If you have red blood in your veins—or if you want to have—you will enjoy every page of every issue of Strength.

Strength doesn't waste your time telling you *why* you should be strong and healthy. It shows you *how* you can do so without waste of time or energy. Strength is the "Tell You How" magazine. No time is wasted chasing after fads or fancies. Interesting and instructive articles by people who have made a life study of health and the means of attaining it, run in every issue.

### Some of the Articles in the September Issue Are:

**TWO HEROES OF EARLY FOOTBALL.** By Walter Camp.

**THE VALUE OF PLAY IN THE PHYSICAL EDUCATION OF CHILDREN.** By J. Leonard Mason, formerly Director of Playgrounds of the city of Philadelphia.

**HOW ATHLETICS AFFECT THE HEART AND LUNGS.** By Dr. Randolph Faries, Director of Phys. Education, Univ. of Penna. 1890-1897. Also Inter-Collegiate Mile Champion in 1884-85-86 and Inter-Collegiate Half-Mile Champion in 1887.

**THE IMPORTANCE OF STRONG HIPS AND THIGHS.** By Alan Calvert.

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Red Blood Depends on Food	Stunting the Growth of the Young
Medicines Added to Sugar and Starch	Thin Haired Women
Getting the Child Started	—Bald Headed Men
Denatured Foods Destroy Life	Honey and Fruit
Old at 25, Young at 60	Infantile Paralysis
The Human Body	Iron and the Raisin
Food Minerals Essential to Life	Refining Processes
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among the educated, affluent classes."

This Dr. Wile seems to be a most uncomfortable plain spoken person. Some months after his address to the American Public Health Association he had the audacity to get up in a meeting of the Medical Society of the County of New York which had under consideration the report of a committee which had been appointed to consider the menacing activities of the birth controllers and roast the committee and all the rest of the doctors present for failing to discuss the medical aspects of birth control. Said he:

"Thus far every other aspect of the subject has been touched upon but the medical. Yet this phase of the subject probably concerns the doctor more than any other, for we all know that this society contains members who perform illegal operations and give advice in regard to contraceptive methods."

An interesting commentary on the decline in moral standards contemporaneous with the decline in the birth rate is to be found in the fact that while there was one divorce, approximately, to each sixteen marriages in 1890, the ratio had increased to one divorce to nine marriages in 1916. These figures bear out the statement of Dr. George W. Kosmak, attending surgeon at the Lying-In Hospital, New York and Secretary of the Committee on Birth Control of the Medical Society of the County of New York in 1917: "It is a matter of common observation by physicians that where the sexual relations have been interfered with, trouble between the partners to a marriage contract is sure to result sooner or later. Instances have undoubtedly come up in the practice of every physician that have convinced him of the moral dangers that attend a continuous practice of contraceptive methods, no matter what their character."

That in the popular mind there seems to be no very great gulf between prevention and destruction of life is shown in a striking manner by the increase in crime contemporaneously with the increase in the practice of restricting the birth rate. In 1885 there were 1,808 murders in the United States; in 1904, 8,482. In the thirty-three years from 1885 to 1918, the last year for which figures are available, there were 131,915 murders in the United States. As a basis of comparison it may be said that the total number of American soldiers who were killed in battle in the world war totalled 50,327. America, which has the reputation of outclassing France in birth control, also holds the world's murder record.

For the sake of clearness it may be well to repeat that no attempt is here made to maintain that murder and highway robbery are direct results of birth control in the same way that typhoid fever is the effect of drinking water infected with bacillus coli. The things

simply go together; both are the result of a moral break-down. Those who transgress the laws of nature find it easier to violate the laws of man, or their example encourages others to do so. But there is this difference: whereas, malefactors may sometimes escape punishment for violations of statute laws, there is no such thing as escape from the vengeance which nature inflicts upon those who flout her decrees. The wages of sin is death for nations as well as for individuals.

France is a horrible example of the consequences of nation-wide, long continued birth control. France has also long been notorious as the most immoral of nations. The most popular of all jokes, indeed the only kind of French jokes that are exported, deal with illicit marital relations. A self-respecting person blushes if caught reading a French novel. Now note the consequences as described by a French author, Dr. Jules Hericourt, in his "Social Diseases," published in 1920.

"France is becoming depopulated. The depopulation of our country is indeed a malady and one of the deadliest of maladies, for it threatens the very existence of France and the danger is immediate. . . . During the last century the normal increase of the French people has steadily fallen off: and during the last twenty years we have witnessed a symptom whose serious nature we cannot disregard: the number of births has been so far reduced that it has barely made up for the number of deaths. Today the fatal boundary has been crossed. We are no longer standing still; we are absolutely falling back. . . . The depopulation of France cannot be attributed to an excessive mortality; it is only the result of insufficient natality. . . . If married couples are able to produce one, two or three children, it is plainly evident that they might as well produce four, five or six or more. . . . Nearly eight households in ten refuse to produce more than one, two or three children. . . . There is a steady increase in abortion. The best gynecological authorities in the large cities say that abortions practically equal births. . . . We are, therefore, confronted by a voluntary sub-natality."

Th's Frenchman in discussing the subject as it affects his own country paraphrases the American authorities already quoted on conditions in the United States. Conditions there are as bad as here; yet so distinguished have we become in the gentle art of murdering the unborn that the practice of making marriage childless, or if not that of limiting the number of children to one or two at most is known the world over as "The American Idea!"

One of the gravest of all consequences of what Dr. Hericourt calls "sub-natality" is the scarcity of great men being produced. Conditions in France in many

(Continued on page 62)



# Losing 103 lbs. to Music!

Wallace Makes New Record  
Reducing Mrs. Derby in  
Less than 4 Months



## The Sworn Statement of Three Quincy Citizens

*We, the undersigned, have known Mrs. Harry Derby for years. Her amazing reduction by Wallace records came under our almost daily observation. We hereby testify to the entire truth of statements that follow.*

*A. J. Liebmann  
J. J. Bunch  
J. F. Newman*

By WILLIAM R. DURGIN

QUINCY, ILLS.—In a happy little community of homes which fringe Vine street, I discovered Quincy's happiest



woman. All because she accepted an invitation to try a novel way of getting rid of a mountainous burden of flesh. Only last January, she was fat beyond hope. By May, her weight was normal!

To readers who are overweight—a few pounds, or many—I shall offer Mrs.

Derby's amazing experience, just as it was related to me:

"When the postman brought the phonograph record with a free reducing lesson, I never dreamed Mr. Wallace could make me weigh what I should. The best I had hoped for was a little relief—for I could scarcely get around, I was so heavy.

"The first few days of the course showed nothing, except I guess I felt better. After a time I began to lose. One day at market I stepped on the scales, and saw I had lost twenty pounds. Needless to say, I kept on with the records. Each week showed a little more reduction, until before long the neighbors all noticed the difference. I kept on losing right along, and I finally was down to the size my last picture shows."

Now, one might think 103 lbs. reduction in only four months required the most strenuous efforts. But Mrs. Derby did nothing extraordinary; she followed the regular instruction that Wallace gives anybody. It was no harder to reduce her than those but ten, twelve,

or twenty pounds overweight—it merely required more time.

To get thin to music is really a "lark" compared to any other method of reducing. In fact, Mr. Harry Derby told me his household was frankly skeptical of real results when his wife started the Wallace course, just because it all looked and sounded too good to be true. There is nothing to "take," you don't have to starve; just a few movements with a thrill to each—that seem all too short because they are set to music. I guess it's the sheer fun of doing it that starts so many men and women on the melody method of reducing. But it's the sudden, certain results—the fat that's played away to the tune of a pound a day—that keeps them enthusiastically at it, and telling others about it.

Mr. Newman, Quincy photographer (notice his signature to statement above), took two photos of Mrs. Harry Derby which are reproduced here. This is an indisputable evidence of Mrs. Derby's improvement—just as the camera saw it. I only wish you could see the lady herself! Not a sign of flabbiness, nor a wrinkle to show where the excess flesh had been. I am almost willing to believe her assertion: "I can now do anything a 15-year-old girl can do!"



I have met scores who restored normal weight and measurements by Wallace's novel, and so enjoyable method. My sister reduced by it, so did a brother; and two aunts of mine swear by it. Forty or fifty lbs. reduction through use of these remarkable records is fairly common. But Mrs. Derby's



BEFORE



AFTER

ASTONISHING CHANGE BROUGHT ABOUT BY ONLY FOUR MONTHS' USE OF THE FAMOUS WALLACE REDUCING RECORDS

achievement—103 pounds in a few days less than four months—sets a new record.

Are you overweight? And if you are, why remain so? A normal figure is possible to anyone who has a phonograph, and will give Wallace's music method of reducing a chance. The above should be sufficient proof of this, but Wallace still offers free proof in your own case.



Your simple request on the handy form below brings the full first lesson free of any charge whatever. A regular-sized, and double-face phonograph record, and photographic chart with complete instructions. Pay nothing; promise nothing, except to try it. Results will cause you to send for the rest of his course in a hurry!

Don't ponder another day as to whether Wallace can reduce you. Tear out this coupon, and let him prove he can.

WALLACE,

630 S. Wabash Ave., Chicago:

Please send record for the first reducing lesson; free and prepaid. I will either enroll, or mail back your record at the end of a five-day trial.

Name..... (68)

St. and No.....

P.O..... State.....

Canadian Address: 62 Albert St., Winnipeg



(Continued from page 60)



## HIGH SCHOOL COURSE IN TWO YEARS

### You Want to Earn Big Money!

And you will not be satisfied unless you earn steady promotion. But are you prepared for the job ahead of you? Do you measure up to the standard that insures success? For a more responsible position a fairly good education is necessary. To write a sensible business letter, to prepare estimates, to figure cost and to compute interest, you must have a certain amount of preparation. All this you must be able to do before you will earn promotion.

Many business houses hire no men whose general knowledge is not equal to a high school course. Why? Because big business refuses to burden itself with men who are barred from promotion by the lack of elementary education.

### Can You Qualify for a Better Position?

We have a plan whereby you can. We can give you a complete but simplified high school course in two years, giving you all the essentials that form the foundation of practical business. It will prepare you to hold your own where competition is keen and exacting. Do not doubt your ability, but make up your mind to it and you will soon have the requirements that will bring you success and big money. **YOU CAN DO IT.**

Let us show you how to get on the road to success. It will not cost you a single working hour. It costs you nothing but a stamp.

### American School

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#### American School

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| .....Civil Engineer         | .....Shop Superintendent   |
| .....Structural Engineer    | .....Employment Manager    |
| .....Business Manager       | .....Steam Engineer        |
| .....Cert. Public Manager   | .....Foremanship           |
| .....Accountant and Auditor | .....Sanitary Engineer     |
| .....Bookkeeper             | .....Surveyor (& Mapping)  |
| .....Draftsman and Designer | .....Telephone Engineer    |
| .....Electrical Engineer    | .....Telegraph Engineer    |
| .....Electric Light & Power | .....High School Graduate  |
| .....General Education      | .....Fire Insurance Expert |
| .....Vocational Guidance    | .....Wireless Radio        |
| .....Business Law           | .....Undecided             |

Name.....

Address.....

ways are far from what they should be in the third decade of the twentieth century. For example, the death rates from typhoid fever and tuberculosis are higher than they should be in an enlightened country. Intellectual force is lacking to attend to this detail. A similar scarcity is beginning to manifest itself in America. Compare the men in public life to-day with those of earlier generations.

This stubborn fact is rather hard to reconcile with the cardinal tenet of the birth controllers who hold that the way to improve the quality of the human race is to restrict the quantity. Pursuing the argument to its logical conclusion, a perfect world would be one without any human beings in it.

The principal difficulty in the way of producing gifted offspring in families limited according to the American Idea is that it is so hard to tell in advance which child is going to be a credit to his parents. Daniel Webster, for example, was the youngest of seven children and so delicate that for a time his life was despaired of. Benjamin Franklin was the youngest in a family of seventeen children, and the youngest son of a youngest son for several generations. Now according to the birth controllers to have a family of seventeen children is an unpardonable crime; yet the humble opinion is here submitted that Ben Franklin tendered greater services to his country and his race than all the birth controllers together will be able to perform between now and the end of eternity.

Washington Irving was the youngest child in the scandalously big brood of eleven. Henry Clay was the seventh in a family of eight. Washington was the fifth child of his father, though the first of his mother. J. Fenimore Cooper was one in a family of eleven. Thomas Jefferson was the third child in a family of ten. John Randolph and Admiral Dewey were each the third child of their parents. Patrick Henry and Lincoln were second children. Audubon, the famous American ornithologist, had the extremely bad taste to be the twenty-first child of poor parents. If that isn't the limit, what, do you judge, would constitute it?

Just to show that the perversity of genius in refusing to be born in time to permit its parents to trim the family to fit the Procrustean bed of "The American Idea" has not been limited to this continent, note that Rembrandt was the sixth child of his parents, Rubens the seventh, Joshua Reynolds the seventh, Mozart the seventh, Napoleon the eighth, Sir Edwin Landseer, George Eliot and Mozart each the fifth, while Pierre Proudhon, Coleridge, and Schubert were each the thirteenth child of their respective parents. To cap the climax, Mendeleeff, the great Russian chemist, was the seventeenth child of very poor parents.

On the whole it seems as if Dr. Louis I.

Dublin, of New York, was about right when he told the American Public Health Association that:

"There is altogether too much birth control now. What the community needs is emphasis on birth release by the healthy, capable and self-respecting elements of the community. . . . In France we have a sorry spectacle of the results of birth control. The lesson is obvious. The attitude of mind which is engendered by a nation-wide policy of birth control ultimately brings about more infant mortality and more tuberculosis because of the general weakening of the stock which directly results therefrom."

At the same meeting Dr. J. H. Landis, Health Commissioner of Cincinnati, said: "I am unable to see how birth control is to solve problems created by vice, poverty, ignorance and alcoholism while these conditions go on unchecked. I am unwilling to believe that the size of the family has anything to do with any of them with the possible exception of poverty. . . . Birth control will not enlighten the ignorant, render the poverty stricken affluent, transform the alcoholic into a total abstainer, make the vicious virtuous, or remove the cloud from the brain of the mentally defective. . . . Vice, crime, tuberculosis, poverty, degeneracy, alcoholism, ignorance and feeble-mindedness are as distinctly due to particular preventable causes as typhoid fever is due to impure water and milk. It appears to me that birth control would be as impotent to control the first set of conditions as it would be to control typhoid fever."

Failure of the human race to advance more rapidly than it has is explained when the fact is understood that criminal abortion is recorded in history from the earliest times. The race has always been bred from scrub instead of blooded stock. Plato advocated procuring abortion. Such teachings resulted so disastrously that it became necessary to denounce the practice, which was done by Ovid, Seneca and Juvenal. The latter in his "Satire" vi., 591, said:

"You'll scarce hear tell of a lying-in among ladies of quality, such is the power of art, such the force of medicines prepared by the midwives to cause barrenness and abortion."

Rome was filled with abortionists; and the crime prevailed just as it does in America to-day chiefly among those supposed to be intelligent enough to know better. Why, things came to such a pass that the word "orbus," i. e., orphan, came to mean, not a child that has lost its parents, but a married man without children. "Orbitas" meant orphanhood of the same description—the most envied and most favored condition. Tacitus said: "To be rich and to have no children whether in good times or in bad is an advantageous situation." From this it would seem that "The American Idea" isn't so new, after all.



# If You Were Dying Tonight *and I offered you something that would give you ten more years to live, would you take it? You'd grab it.*

Well fellows, I've got it, but don't wait till you're dying or it won't do you a bit of good. It will then be too late. Right now is the time. To-morrow, or any day some disease will get you and if you have not equipped yourself to fight it off, you're gone. I don't claim to cure disease. I am not a medical doctor, but I'll put you in such condition that the doctor will starve to death waiting for you to take sick. Can you imagine a mosquito trying to bite a brick wall? A fine chance!

## A Re-Built Man

I like to get the weak ones. I delight in getting hold of a man who has been turned down as hopeless by others. It's easy enough to finish a task that's more than half done. But give me the weak, sickly chap and watch him grow strong. That's what I like. It's fun to me because I know I can do it and I like to give the other fellow the laugh. I don't just give you a veneer of muscle that looks good to others. I work on you both inside and out. I not only put big, massive arms and legs on you, but I build up those inner muscles that surround your vital organs. The kind that give you real pep and energy, the kind that fire you with ambition and the courage to tackle anything set before you.

## All I Ask is 90 Days

Who says it takes years to get in shape? Show me the man who makes any such claims and I'll make him eat his words. I'll put one full inch on your arm in just 30 days. Yes, and two full inches on your chest in the same length of time. Meanwhile, I'm putting life and pep into your old back-bone. And from then on, just watch 'em grow. At the end of thirty days you won't know yourself. Your whole body will take on an entirely different appearance. But you've only started. Now comes the real works. I've only built my foundation. I want just 60 days more (90 in all) and you'll make those friends of yours that think they're strong look like something the cat dragged in.

## A Real Man

When I'm through with you, you're a real man. The kind that can prove it. You will be able to do things that you had thought impossible. And the beauty of it is you keep on going. Your deep full chest breathes in rich pure air stimulating your blood and making you just bubble over with vim and vitality. Your huge, square shoulders and your massive muscular arms have that craving for the exercise of a regular he man. You have the flash to your eye and the pep to your step that will make you admired and sought after in both the business and social world.

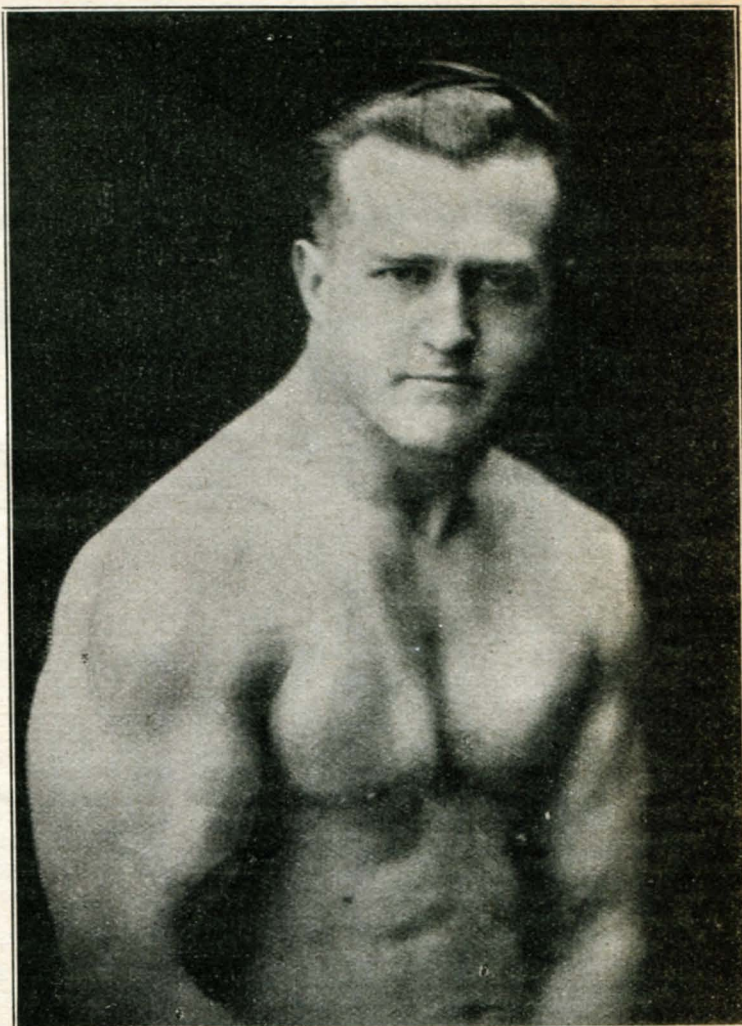
This is no idle prattle, fellows. If you doubt me, make me prove it. Go ahead, I like it. I have already done this for thousands of others and my records are unchallenged. What I have done for them, I will do for you. Come then, for time flies and every day counts. Let this very day be the beginning of new life to you.

**EARLE E. LIEDERMAN**

Dept. 70

305 BROADWAY

NEW YORK



Latest Photograph of  
**EARLE E. LIEDERMAN**  
Taken February, 1922

SEND FOR MY BOOK—

## "MUSCULAR DEVELOPMENT"

It is chock full of large size photographs of both myself and my numerous pupils. Also contains a treatise on the human body and what can be done with it. This book is bound to interest you and thrill you. It will be an impetus—an inspiration to every red blooded man. I could easily collect a big price for a book of this kind just as others are now doing, but I want every man and boy who is interested to just send the attached coupon and the book is his—*absolutely free*. All I ask you to cover is the price of wrapping and postage—10 cents. Remember this does not obligate you in any way. I want you to have it. So it's yours to keep. Now don't delay one minute—This may be the turning point in your life today. So tear off the coupon and mail at once while it is on your mind.

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Dear Sir:—I enclose herewith 10 cents, for which you are to send me, without any obligation on my part whatever, a copy of your latest book, "Muscular Development." Please write or print plainly.

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City..... State.....



# She Fought the Prudes at Atlantic City

(Continued from page 43)

used the letter as the basis of a story that was used all over the country. Editorials were written on the subject. All that I saw, supported my stand. Yet in Atlantic City, the greatest watering place in the world, the law reads—and this is one law that is enforced—that women bathers must wear stockings. The Czar is immovable. Funny how often economics and morals get mixed in the law!

"Some of the members of my church were shocked by my letter. Most of them stood back of me, including my class of twelve girls of high school age, all good swimmers, too. One of the class is the daughter of the Beach Czar and she is on my side, not her dad's.

"The stocking law still stands. But last season's fight for the privilege of bare legs has paved the way for this season's fight. Public opinion has been expressed with an overwhelming majority in favor of bare legs. We are bound to win. Inconsistencies cannot remain forever.

"A girl, with all propriety, may have her back bare to her waist if in evening dress. She may wear her skirts to her knees on the street; her socks rolled down as she walks along the business thoroughfares. She may paint, powder, and smoke for this is a free country and no longer is the feminine cigarette and make-up market cornered by the demi-monde.

"But on the beach, Freedom departs! There the cops and copettes pounce with delight upon the sensibly clad swimming girl. They measure the length of her skirt and send her back home if it is too short, or if she has none. If she wears socks, or rolled down stockings or is, horrors of horrors, bare legged, well, she is reprimanded and sent back to cover herself "modestly" and unsafely. If she refuses to go, the police patrol takes her for a ride.

"There seems to be a certain similarity in the attitude of the beach censors and the Chinese. Both apparently believe this world would be better if all the women were killed off. The Chinese are more direct in their methods. The Americans figure that the low cut gowns for dancing will breed pneumonia and kill off a few; that cigarettes will dispose of others and that bathing suits with dangerous entangling skirts and sand-filled stockings will

drown the more hardy, or those who do not indulge in dresses without waists, or in cigarette smoking.

"It pleases me immensely that cigarette smoking demands an awful toll of the

sweetness and purity of womanhood. "Swimmers do not smoke, they dare not. Smoking cuts the wind and when the breath is gone, so is the swimmer. It is a matter of pride with me that there is practically no percent of smokers among women who are swimmers.

"However," she laughed, and Ada Taylor's laugh is something to be remembered, "swimming has other benefits for the woman who would be beautiful of form and graceful as well as

healthy and womanly. Swimming is the most healthful of all athletics, and to me health is of greater beauty than the mere perfect formation of facial features. Health is the foundation of beauty and personality. One forgets to notice the features of the charming girl who radiates health.

"I throw my bathing cap in the ring and challenge the world: *Swimming is the most healthful of all athletics.* I want to emphasize its benefits for women who should not indulge in sports such as boxing and those that exercise the muscles in such a way that they become knotty like a prize fighter's.

"Swimming will give every woman a correct figure. By correct I mean one that is in keeping with her frame, not an artificial, unnatural figure created by the fashion artists. Swimming will not necessarily reduce a woman to a sylph-like beauty. It will, however, take off a lump of fat and in its place put a smaller lump of pliable muscles that is not knotty but firm, thus giving the woman the soft feminine shape which nature intended. It will wear a woman down here and build her up there, making her a harmonious human being instead of a caricature of an elephant or a camel. It is true that swimming does not necessarily reduce the fat woman, but it does give her a well-proportioned figure and grace of movement. The thin woman is more likely to put on flesh than the fat woman is to reduce, but do not infer that the fat woman who takes up swimming will put on flesh. She will not.

I have seen puny young girls take their first lesson and after a year or so of perseverance develop into healthy, well balanced examples of girlhood, and I have seen fat, flabby women, in the same time, become sound and firm from vigorous swimming.

Miss Taylor gave another  
(Continued on page 66)

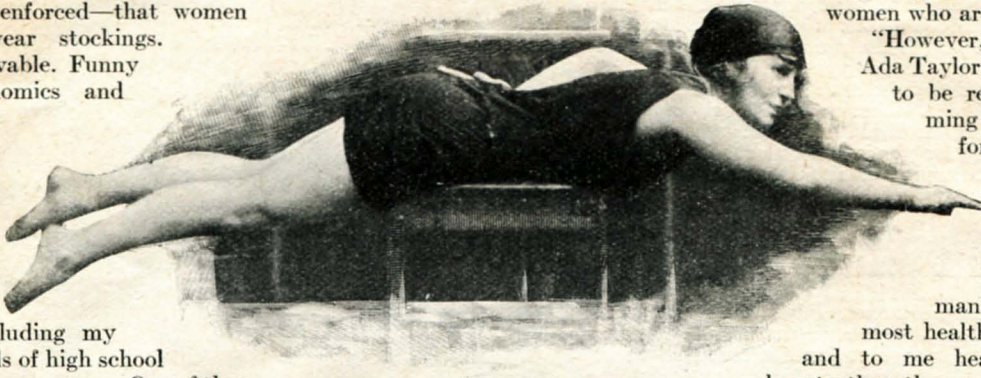


Photo by Atlantic Foto Service

Miss Taylor demonstrates the crawl stroke for the camera.

swimmer. The increase of the smoking habit among girls, who are not swimmers thank goodness, fairly takes my breath away and fills me with disgust."

Thus Ada Taylor voiced her opinion of cigarette smoking as a womanly habit without mincing her words, nor did she cease with a few unminced words. She continued just as if the interviewer were a member of the Presbyterian Sunday School class which she teaches each Sunday.

"Smoking is a form of vanity with women. A vanity much more serious than some kinds, for smoking has a harmful physical reaction which detracts from the health,



Photo by Atlantic Foto Service

She is as good a Sunday School teacher as she is a swimmer. She combines the old fashioned feminine virtues with those of the modern athletic girl. Particularly, she objects to the present fad of cigarette smoking among women, saying that swimmers dare not smoke, otherwise they could not swim.





# TWO VITAL NEEDS of the body your daily food must supply---

*A food that brings glowing health and vigor*

**T**HIS new food knowledge is revolutionizing the meals in millions of homes today.

Countless housewives are now carefully planning meals that mean health and vigor. They need such meals themselves so that they may have the strength for their daily tasks—the romp with the children, the overseeing of the household work. They feel their responsibility to provide such meals for their families.

This is why women are supplementing their daily diet with Fleischmann's Yeast—the familiar fresh food now known to be a cleansing agent in the intestines and to help build up the waste tissues worn out each day. This is why they provide it at home as regularly as they do milk or bread.

## *A food that replaces laxatives*

People are now learning that laxatives are unnecessary. Of course we know they never remove the cause of the trouble, but often make it worse. They weaken the intestinal muscles.

The problem is being solved for thousands. Fleischmann's Yeast, a natural corrective, increases the action of the intestines, keeps them healthy and regular. By adding this fresh food to their daily diet men

and women are being freed from bondage to laxatives.

Thousands today are also keeping their digestion strong and healthy by eating Fleischmann's Yeast. It supplies abundantly the elements which increase the flow of the digestive juices and promote the normal action of the liver.

Eat 2 to 3 cakes of Fleischmann's Yeast every day. You will grow fond of the distinctive taste. Nibble it plain from the cake, take it in water, milk, fruit-juices or any liquid you like. Try it as a sandwich spread. It combines well with soups, sauces, and many familiar home dishes. Your grocer can supply it fresh daily.

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\* \* \*

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*Fleischmann's Yeast  
is a natural corrective  
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Was it bruised? Was the skin broken? Here was need for a liniment or for an antiseptic. But which?

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**The Home Correspondence School**  
Dept. 113, Springfield, Mass.

ESTABLISHED 1897

INCORPORATED 1904



(Continued from page 64)

of her charming laughs. "Every part of the body except the tongue is exercised," she philosophized. "A hint to wife seekers. Swimming girls make good wives, because they are used to holding their tongues, and not hearing their own voices in no way embarrasses or alarms them."

Then seriously. "Swimming stimulates the heart. Strong and active circulation feeds the body as it should, gives tone and keeps the skin in a glowing condition, making it, indeed, a skin you love to touch. The eyes are strengthened by this sport, especially by salt water swimming."

"It is a recognized fact that the body receives a greater degree of physical development from swimming than from any other sport, because swimming is the one sport that brings every muscle into action. The arms, the legs, hands, fingers, feet, back, neck, lungs, in fact, every part of the body is brought into active play in swimming."

"As to the real girl, the girl we like to think of as the most wonderful girl in the world—the American girl at her best—I know expert girl swimmers with the necessary muscle to pull them to victory in championships, who are as girlish looking in street costume as the ideal American type. In fact I know a few who appear almost delicate. However, when they don their swimming suits, they reveal shoulders that are full, chests that are high, and legs and arms that are well developed, which is the ideal health and womanliness. It is because swimming does develop the muscles proportionately and makes them pliable and yet firm, that I believe it is the greatest of all sports for women. Taboo the sports, girls, that develop a woman so much that she looks half man."

"Often a mother asks me when her children should start swimming. I answer—with the first bath. Then when the mother opens her eyes and looks at me as if I were a fanatic on the subject instead of the healthiest girl in the world—thanks to my water life and the sensible living habits my love of swimming has given me—I give her a little lecture on teaching the children to love the water which is the most important qualification for the swimmer. If every mother would make the babe's daily bath so pleasant that the tiny tot exercises its growing lungs in crying for more bath, instead of for the moon, there would be more lovers of the water."

"I believe a child of two, under proper supervision, should be allowed to play in the shallow water or the surf. Such a child will take to swimming as naturally as a minnow. It will never know when it took its first stroke. And the life giving rays from the sun and the constant dips in outdoor bodies of water will make it hardy and insure it against many childish ailments."

"But, even if one has not been fortunate in growing up with a love of

water, there is always hope. It is never too late to learn to swim if you really want to learn.

"I know a lady who did not take up swimming until she was thirty-five. In two years she was able to enter and win a mileage contest. Miss Ethelda Bleibtrey the greatest woman swimmer the world has ever produced, never took a stroke in the water until four years ago. Within three years she became the amateur woman champion and will without doubt win further laurels as time goes on."

The fighting mermaid of Atlantic City gained prominence in her home town, and raised swimming from the status of almost nothing to that of a major sport, because she was the first girl to take a really active interest in swimming for girls. She also had initiative and has been active in forming swimming clubs, arranging for meets and the like for ten years. The Ambassador Swimming Club of the Ambassador Hotel is her latest and best effort. But let her tell you in her own words how she became identified with the swimming crowd.

"I used to accompany all the boys who would swim long distances, one to four miles, and I kept up with them. Being American boys, not Chinese, they could not drown me and in time I was tolerated, then accepted, until I had many a race around the Steel Pier, a distance of half a mile. This was when I was still a girl in my teens. I attracted some attention from the public at large when I was fourteen, at which time I appeared in several contests held by Odiva, a vaudeville performer. I have several cups won from her, which I greatly cherish. Her contests took place in tanks."

"The hardest victory I ever won with her, was in the William Penn Theatre, Philadelphia, where I was pitted against six Philadelphia girls, several of whom were really good swimmers. I did not know a soul in the audience and I was fourteen."

Miss Taylor has an unusual amount of modesty, and the gift of doing unto others as she would be done by. So when Ethelda Bleibtrey, the champion, joined the team and came to the Ambassador Hotel to work, the fighting mermaid resigned the supremacy of the Ambassador Swimming Club to the new member, who was one of the aquatic wonders of the world. This swimming club is the smallest in the country, but the best known. For all its members, even the three who are but thirteen years old, have won some special recognition in the swimming world.

Ada Taylor is a former diving champion, and holds the Atlantic City Woman's record for the plunge for distance, having done fifty-five feet. In March of 1921, at the Ambassador Pool she came out fourth in the National Diving Championship, Senior Division. She was beaten by Helen Wainwright and Helen Meany of the N. Y. Women's



Swimming Association and by Elizabeth Becker of the Philadelphia Turngemeinde.

Miss Taylor is a good all around swimmer, an exponent of swimming as a beauty and a body builder. She still fascinates the public with the tricks she learned from Odiva. She indulges in long distance and short distance swimming. Loves the crawl, breast, back strokes and the trudgeon. She is a beautiful fancy diver. Her under water work is graceful and a test of lung power. Down at the bottom of the water pool or on the sands of the ocean she swims, using either breast or back stroke. And as to somersaults she turns them as easily beneath the water, as she does on the beach, which is saying a lot. It is her favorite manner of getting wet all over.

"Have you any further swimming beauty secrets to advertise? Anything that will especially appeal to the women readers?" I asked the sun-kissed blonde, as I was leaving. She was growing anxious to take her daily swim and we stood on the beach with the call of the waves rivaling the call of the interviewer.

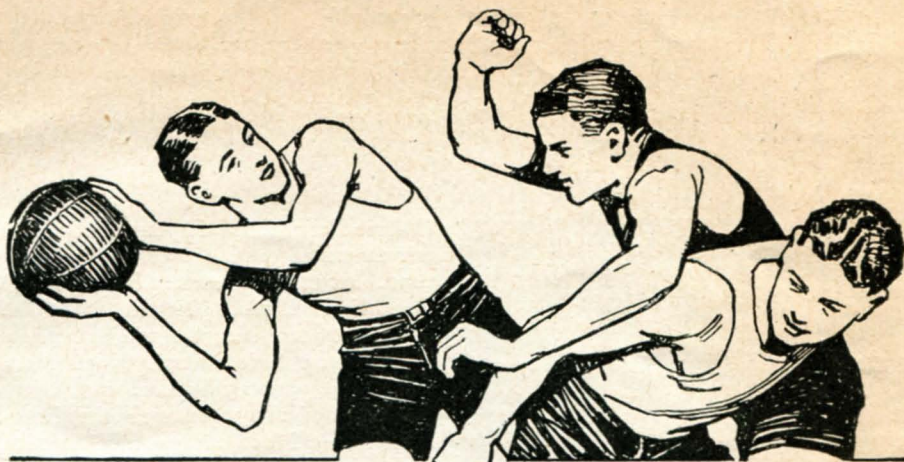
"Nothing especially startling," she answered, kicking a shell with her bare toes. "Just emphasize that, of all sports, swimming is the friendliest to women. It produces health in the weak, and insures continued health to the lucky healthy, to which class I belong. If health were what wins the beauty contests, I would certainly win all the prizes." Then seriously, "Swimming is nature's great tonic and produces a beauty that no drug store or beauty parlor can supply. It strengthens the lungs; rests the tired; quiets the nerves; helps the voice; develops grit and endurance; moulds the body; tones the muscles; gives poise and grace; beautifies the skin; strengthens the eyes; sends the blood circulating over the body and into the brain, and is a wonderful preventive of tuberculosis.

"Last and foremost, every man, woman and child should know how to swim for safety's sake. Swimming will save where education, looks, money and position can never do so.

So I left her standing bare-legged on the beach of Atlantic City in a "two in one." For her fight involves defying the law if she can get away with it. And she can. How? By taking her daily swim at un-stylish hours when the life savers, cops, copettes, Czar and the beach loungers are off duty.

As I turned to go the glowing, beautiful fighter gave a quick move. The last glimpse I caught of her was a pair of bare legs meeting the surging, restless water as she somersaulted into the waves she loves so well.

Would you like to enjoy your exercise? Make it as pleasant as dancing? Then take it in the form of dancing. Dancing is the music of motion. Ted Shawn will tell you how in a forthcoming article in PHYSICAL CULTURE.



*Two new basketball shoes with the famous Hood Cushion Outsole feature The Hyscore and The Centre*



*Grips firmly Releases instantly Plays a fast, sure game*

Modern Basketball has needed just these shoes. It is a game where speed and accuracy in footwear count large. Some shoes, designed to grip firmly, release with just enough tardiness to slow down a fast game. Other shoes which release quickly do not provide quite the confidence in the grip. The specially constructed Hood outsole will grip firmly and release instantly—the two requirements for super-footwork in basketball. The Hyscore is built and reinforced to stand up under a long hard schedule. The Centre is lighter in construction, which to many is a point in its favor, and will stand up under the ordinary schedule. The Centre is also a splendid all-round gym shoe.

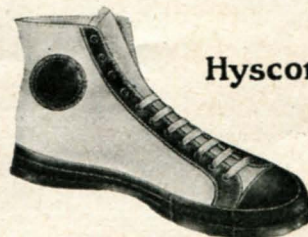
**The Bayside** Baysides are today, and have been for years, the most popular, low priced shoe for school calisthenics, light gymnasium and track work. A satisfactory shoe, giving splendid value. Baysides are also used extensively in women's classes in schools and gymnasiums. Made in the oxford or high pattern, and in black, brown and white.

HOOD RUBBER PRODUCTS COMPANY, INC.

Watertown, Massachusetts.



Centre



Hyscore



Bayside

HOOD



Send for Athletic Footwear Buying Guide



# World's Greatest Physical Culture Show

## Coming October 23rd



Ira D. Schwarz

Among the supreme features of the great *Physical Culture Exhibition* will be two contests offering a \$1,000 prize for the most perfect woman and a \$1,000 prize for the most perfect man. This beautiful girl is Margie Whittington of the Ziegfeld Follies. There are many other equally beautiful women. Perhaps you are one of them. Enter this contest.

**T**HE great National Physical Culture Exhibition to be held in Madison Square Garden, New York, during the week beginning Monday, October 23, will be more than fulfilled. The National Physical Culture Exhibition will undoubtedly be the greatest thing of the kind ever held anywhere.

Strong men, beautiful women, lovely children, perfect specimens of the race, will be on exhibition, not merely as specimens, but to inspire and instruct.

The management asks you to begin right now, as soon as you finish reading, to help prepare for the Exhibition. The management wants your photograph as soon as possible for their Exhibition.

Beginning with the youngest, all babies between the ages of six months and two years who expect to compete in the baby show feature are earnestly requested to send their photographs immediately to the Manager of the Physical

Culture Exhibition. If you are too busy ask mama to send the photos, or even papa. As an inducement tell mama that if she is real good she can go to the Exhibition and see you win the prize, a cash prize large enough to be worth trying for, you may be sure.

Of particular importance are the photographs of each and every one of the men and women who are to compete for the thousand dollar cash prize offered for the most perfectly developed specimen of each sex. Send the photos without delay.

The management is also most anxious to hear from strong men, professional, amateur or casual, who propose to enter the contest which will determine who is the strongest man in America at the present time. Write at once and tell all about yourselves, and above all, do not forget to send your photographs. That contest will be worth seeing. Even the losers will win, for they will at once attain prestige. The strongest man, in addition to receiving the substantial cash prize to be awarded, will be "made."

Those who have been snatched from the brink of the grave by following Physical Culture methods are also reminded that the management is equally desirous of hearing from them. Tell about your experiences. Describe the maladies that threatened your lives, tell about how Dr. Allie Path didn't cure you by the horrible doses and operations he inflicted upon you.

You will want to come to New York and meet the thousands who will throng Madison Square Garden.

Of course it would not be possible to pack all the eligibles into Madison



A perfectly-formed man, W. G. Cabana, of Toronto, Canada, one of the world's strongest men, will probably be a competitor in the contest at the *Physical Culture Exhibition* to determine the world's strongest man. If you are in the strong man class, don't fail to enter this contest.

Square Garden, or even into half a dozen buildings the size of that huge structure; so efforts must be concentrated upon selecting the cream of the cream. The management wants to feel sure that the prizes will go to the best baby, the most perfect man, the most perfect woman, the strongest man in all America. Help in this difficult task by writing and sending photographs *immediately*.

Be sure to address  
Manager,  
Physical Culture  
Exhibition,  
119 West 40th Street,  
New York City.



The little people at the Madison Square Garden will constitute one of the biggest features of the Exhibition. Enter your baby in the Baby Show. This physical culture specimen is George Chizoni, Jr., of St. Paul, Minn., at six months. Who can beat him?



# Why a Person with a Full-length Spine is Rarely Sick

By Hobart Bradstreet, Spinographist and Inventor of a Simple Method of Being Your Own Chiropractor



If your spine measured what it should normally, you would feel like another person! Younger by years in all your powers. More vital, vigorous, energetic. Scorning pills and potions. Laughing at sickness. Living life for all it's worth—a human being *fully* alive!

But your spine isn't of the length it *naturally* should be—unless you are one person in a million—and because it isn't, you are not the man or woman you were meant to be. A strong statement? Maybe you think so, but let me explain.

The spine, the foundation of the body, is a series of small bones placed one above the other. Between each pair of bones, (vertebrae) is a pad of cartilage which acts as a cushion or shock-absorber, taking up the weight and shocks thrown on the spinal column as we stand or walk. Since nothing in the ordinary activities of us humans stretches the spine, these once soft and resilient pads are flattened down, become thin and hard as the felt pads under the piano keys do. One's spine then does not absorb the shocks sustained, *but transmits them straight to the base of the brain.*

Then, eventually, headaches. Backaches. "Nerves." Insomnia. Habitual fatigue. Dullness. Depression.

When the cartilage is worn down to a certain point, nerve impingement may result. That is, two of the vertebrae may curve so close together as to "pinch" or press upon a nerve leading from the spinal to an organ which the nerve controls. Then there *is* trouble! If the impinged nerve has to do with the liver, then liver trouble. If with the stomach, stomach trouble. And so on. Chiropractic has awakened us to the number of grave ailments directly due to nothing else than impinged nerves.

I say a person with a full-length spine is rarely sick because a spine of full normal length indicates cartilage of full thickness and that being the case, the shocks are properly absorbed and the nerves, upon whose integrity all health depends, are free to perform their normal functions.

Living more or less unnaturally as we do in our civilization, our spine needs special

attention. It needs the peculiar motion, the flexing, the laxation it would get if we lived as man primeval did. Thus, in order to loosen up the spine—to "elongate" it—to take the burden off the cartilage and the pressure off the nerves. No amount of violent exercise will do the trick, we know from experience, for often the most inveterate gymnast is a striking case of sub-laxation of the spine. As for walking or golfing, the spine only settles down a bit firmer with each step.

It was the realization of the need in my own case of a means for securing complete spine laxation years ago that started me working on spinal mechanics, and led me to the devising of a system of SPINE MOTION, which, judging from the results obtained in thousands of cases, seems to be the answer to the problem.

My method for "laxating" the spine is a simple, boiled-down formula of just five movements. Neither takes more than one minute, so the whole process means but five minutes a day. But those movements, simple as they are, bring a wonderful change—*almost instantly!* I have had many people come to me saying they were in perfect health and wanted to try my motion just out of curiosity, only to be amazed with the feeling of new exhilaration, experienced in one execution of my spinal motions. Only the other day a prominent Chicago business man, known as a human dynamo, remarked to me after a few days of my system, "I didn't realize until now that I was only 50 percent alive."

I have seen my spinal motions put sick people on their feet in a few days. I have seen many a chronic case of headache, nervousness, stomach trouble and constipation completely relieved in a matter of weeks. Speaking of constipation, I have one motion—a peculiar, writhing and twisting movement—that will, in fifteen minutes, in nine cases out of ten, bring a complete evacuation.

My spine motions, in a measure, allow you to be your own chiropractor. And you know what that means!

Until recently, the benefit of my Spinal Motions were to be had only by personal visit to me. But, obviously, this restricts the

good to too few. Hence, I have decided to put my SPINE-MOTION method in a form that makes it generally available.

I know that there is something in my method for everyone, and I invite everyone to try it. I invite the young and the apparently "vigorous" to see what difference spine motion will make in their energies and capacities. I invite the ailing to see the direct relation between spinal mechanics and health. I invite men who are ageing prematurely to put to test my statement that a man's powers (in every sense) by nature, should continue full flush up to the age of 60, being only a matter of a sound nerve-mechanism.

No "apparatus" is required with my method. Just my few simple instructions made doubly clear by my photographic poses of the five positions.

I promise you who will try my series of five movements some startling results in a few days. In less than a week you'll have something to marvel at in the way of new health, new appetite, new desire and new capacities. If you are not the astonished person I promise, you will be nothing out of pocket—for I return to you in full, the \$3.00 fee which is all I ask for my system. The opportunity presented in this plan will be the more fully appreciated

when it is realized that \$3.00 is but a mere fraction of the fees I have been accustomed to receiving in my private practice.

The \$3.00 which pays for everything is not sent in advance unless you prefer. Just pay the postman who brings the package. Requests will be filled in turn. Try "elongating" your spine and see how differently you'll feel in a few days.

HOBART BRADSTREET, Suite 402  
630 S. Wabash Ave., Chicago, Illinois

I will try your SPINE-MOTION without risk if you will provide necessary instruction. I will pay postman just \$3.00 for everything, on arrival. This deposit to be returned in full if I send back the material in 5 days.

Name \_\_\_\_\_

Address \_\_\_\_\_



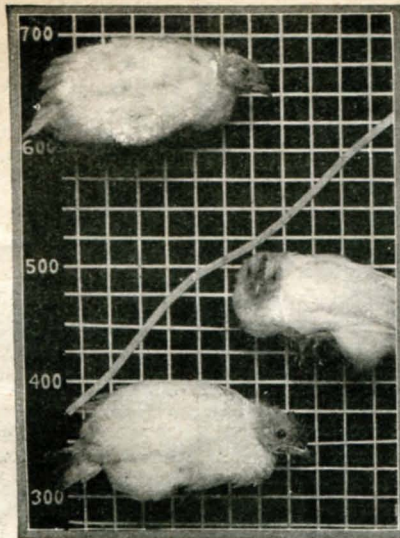
# Rats, Chickens and Children

(Continued from page 37)

## PEN XI.

DIET: *Denatured grains and milk.*

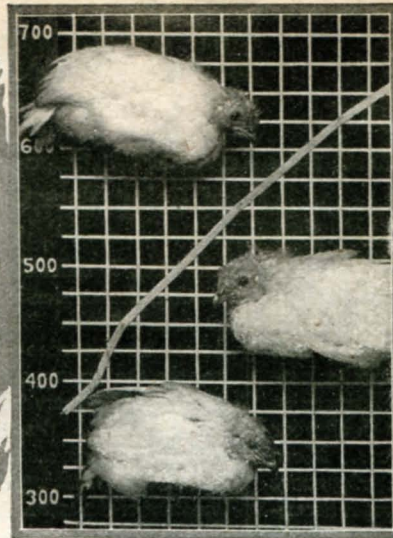
This diet shows fairly satisfactory growth and good condition throughout the experiment. Milk is undoubtedly the best single supplemental or protective food which can be added to denatured cereals. If you will contrast this growth curve with that of Pen V, you will see the superiority of milk to meat, when used in an otherwise denatured diet.



## PEN XII.

DIET: *Natural grains and milk.*

The growth curve is similar to, but just a trifle better than that of the chicks on the denatured grains and milk. An ample quantity of milk seems to supply most of the elements which the millers remove from our grain food. Food scientists often complain that the best part of our grain is fed to cows. Evidently we can get it back in the milk, provided we get the milk.



Pens I and II received nothing but these grain mixtures.

Pens III and IV received eighty-eight percent of the respective grain mixtures and twelve percent of desiccated potato.

This is equivalent to a diet of one pound of bread and one-half pound of potatoes.

Pens V and VI received eighty-eight percent of the respective grain mixtures and twelve percent of desiccated lean beef. (The twelve percent of desiccated meat gives the same portion of animal protein as the twenty percent of dried milk.)

This combination is approximately equivalent to a diet composed of one pound of bread and one-quarter pound of lean fresh beef.

Pens VII and VIII received seventy-six percent of the grain mixtures, twelve percent desiccated potatoes and twelve percent desiccated meat.

Equivalent to three-quarter pound of bread, one-half pound potatoes and one-

quarter pound of meat was this diet.

Pens IX and X received ninety-five percent of the grain mixtures and five percent desiccated kale.

Equivalent to one and one-fifth pounds of bread and one-half pound of fresh green leafy vegetables.

Pens XI and XII received eighty percent of the grain mixtures and twenty percent dry milk, the proportion of animal protein being the same as that furnished by the meat diet.

Equivalent to one pound of bread and one and one-half pints of milk.

Pens XIII and XIV received seventy-five per cent of the grain mixtures, five percent desiccated kale and twenty percent dry milk.

Equivalent to one pound of bread, one-half pound of fresh green leafy vegetables, and one and one-half pints of milk.

The chicks required were selected from a group of several hundred, all of the same breeding and age, and all hatched the same day in a mammoth incubator.

For the first three weeks of their lives, these chicks were fed chick feed of mixed cracked grains, buttermilk, green kale and a prepared chick mash manufactured by the Quaker Oats people, and called Full-o-Pep Growing Mash. The whole lot of chicks were growing in great shape and the mortality had been only about three percent. From these thrifty and healthy little birds we selected forty-two of the very best.

It was, of course, impossible to get the forty-two chicks of exactly the same weight, but by individual weighing and swapping around, we were able to match up the fourteen pens so that the total weight of the three chicks in each pen was exactly 375 grams, or in English weights the chicks averaged one-fourth of a pound each.

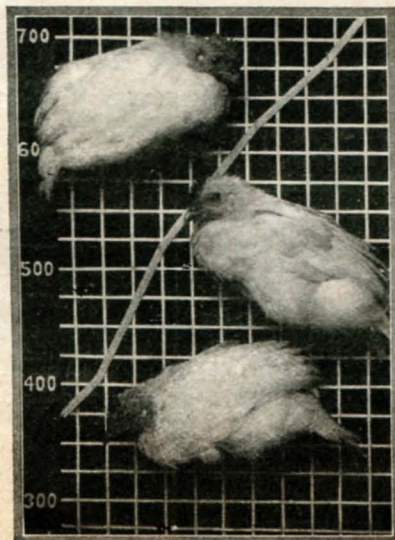
The fourteen lots were then placed in the pens at random so that there was no favoritism. When all of the pens were filled I observed that Pen XIII was lo-

(Continued on page 72)

## PEN XIII.

DIET: *Denatured grains, and milk.*

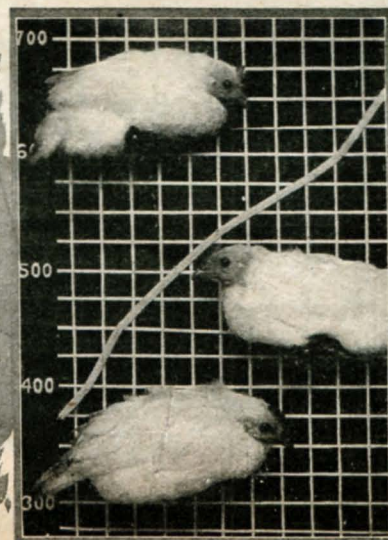
This pen shows the most rapid gains and finest condition of any pen tested. Superficially considered, this result seems to be a contradiction both of our general knowledge of the inferiority of denatured grains and of the other results of this experiment. Before drawing hasty conclusions regarding this point read the discussion of this result in the text of the article.



## PEN XIV.

DIET: *Natural grains, milk and kale.*

Very satisfactory growth and chicks in fine condition. Why these chicks did not exceed the growth of the chicks in Pen XIII I have discussed in the text referred to.







# FREE Full Trial/

## A Full-Sized Jar of the Real ENGLISH Complexion Clay to Prove It Will Make Any Skin Absolutely Beautiful

**A NEW SKIN** in half an hour! Blemishes banished, full color restored—while you dress for the day. And this new, natural beauty will stay. We cannot ask you to believe it, so we are going to let you see it.

Your name and address, please, and this full-quantity jar of fresh Terra-derma-lax will be sent you by first post. This dressing-table test on your own complexion will tell more than pages of talk. Our offer sounds daring, but really is not; this English clay's peculiar powers are more than a match for any and every impurity that dulls the skin. Even the domestic clays inspired by the discovery of Terra-derma-lax are of benefit to most complexions. But wait till you try Terra-derma-lax! The English clay *laxates* the skin—any skin—renovates, restores, *remakes* it as you shall see.

### ASTOUNDING Things that Terra-derma-lax DOES

- Acts in half an hour with complete results.
- Flushes each minute pore of all impurities.
- Brings back the full color and skin health of rugged youth, and the benefits last.
- Keeps pores their normal size, because it is laid on, *not* rubbed in.
- Stifles hair growth on face.
- Leaves even a pimpled skin smooth in texture.

### Beauty While You Wait

A young scientist's search of three continents brought to light this clay of the British Isles. Then American ingenuity preserved its precious properties in a vacuum-closed earthen jar. The miracles this clay performs have been told in the public prints. First laboratory demonstrations caused a furore. The simple truths as stated by the press were scarcely believed. Perhaps *you* read, and doubted. So here is your chance to see for yourself. A full jar awaits your word that you want it, and will *try* it!

Spread this natural clay on face and neck—and forget it. In ten minutes, laxation starts; you can fairly feel the purging, purifying action

in every pore. The whole skin structure responds. Another twenty minutes, and the clay is wiped away—revealing a skin silky-soft, bright with color.

### Never Before, or Again, An Offer Like This

The regular price of Terra-derma-lax is \$5—but don't send it. Our broadcast public offer must have reasonable restriction, of course. We cannot gratify the merely curious, nor send expensive English clay to children. So a small deposit to cover actual cost is asked as evidence of good faith. We have figured this down to only \$1.95 plus postage. You need not trouble to enclose even this; the postman will accept your deposit. But please understand that it *is* a deposit—held to your credit, while you try the clay. Every penny will be returned to you unless your complexion is so marvelously and overwhelmingly improved you would not take many times its cost for the results obtained.

In other words, we guarantee that Terra-derma-lax will make your skin beautiful, enamel-smooth and colorful! You will see this new brightness and bloom with one application. But take five days, for an unhurried decision. Then, and only if you voluntarily keep it, will we consider your deposit of \$1.95 as a payment in full for your jar. Meantime, use a little of the clay, or use *all* of it. For we want you to know that the free trial is indeed free and unconditional.

We realize this announcement will bring a storm of applications. We are ready! Every one who accepts the offer here and now is assured a full jar of the freshly compounded, active English clay. So, away with the coupon—off with the cover—on with the clay that is fast making poor complexions as scarce in America as they are in England!

### Dermatological Laboratories 329 Plymouth Place · Chicago



Please send full sized jar of Terra-derma-lax for five-day FREE trial. I will deposit \$1.95 [plus postage] with the postman, as payment in full for the clay in case I decide to keep it. If the trial does not delight me with results, my full deposit to be returned.

[182]

Name \_\_\_\_\_

Address \_\_\_\_\_

If you expect to be out when postman calls, you may enclose \$2 as your deposit, and your jar will come prepaid, with the same guaranteed five-day trial offer.



(Continued from page 70)

cated against the wall, and was darker than the other pens. Being a man of science it is forbidden me by "professional ethics" to concern myself with the significance of the number "thirteen," but I was worried for fear this pen would not have fair treatment because of the dimmer light. But Pen XIII won the first prize for rapid gains, so my conscience is clear.

The object of our experiment was to test the actual nutritional effect of the food when eaten, and hence it was essential to see that all chicks ate their food in the proportions prescribed and that as far as possible they should find the food equally palatable, and not reject it because of its condition. The only way that such an end may be attained is by reducing all foods to a dry form, grinding them sufficiently fine and thoroughly mixing them so that the chicks cannot pick out some ingredients to the neglect of others. With proper desiccating and grinding equipment, it is possible to reduce all foods (not containing oil) to such form.

All the ingredients were therefore so processed in our laboratory with the exception of the milk. For this ingredient we used powdered whole milk known as "Klim," which is made by the Merrell-Soule Company of Syracuse, N. Y. I am informed that this product is manufactured by spraying the milk into a desiccating chamber so that it is immediately reduced to a dry powder without any cooking effect.

I know of no tests that have been made of nutritive values of fresh versus dry milk when fed to chicks, but Dr. H. C. Sherman, Prof. of Food Chemistry at Columbia University, made such a test with rats. He fed whole fresh milk and powdered milk, both dry, and reconstructed with water to equal the composition of fresh milk. The growth was approximately the same for the milk fed in these three forms. In fact the dried milk when reconstructed gave slightly better results than the fresh, presumably being a better quality milk to start with. When fed dry the results were not quite so good, presumably because the rats did not eat it as readily. However, for practical purposes, milk fed in any of these three forms seems to be of equal nutritional value.

We were able to carry out the experiment as originally planned, with one exception. The diets containing white flour were not sufficiently palatable to the chicks. If fed dry this mixture was too "floury" and if dampened too pasty for the chicks to eat it readily. In order to get the chicks to eat these white flour diets we substituted ground soda crackers for the uncooked flour, which of course resulted in adding a little additional fat to the diet. This might be criticized on the ground that the white flour was cooked in the cracker whereas the contrasted diets contained uncooked grain.

However, since no one advocates that humans should eat raw white flour I do not feel that our results should be discredited on that score.

The chicks were given feeding hoppers in which the dried powdered food mixtures were kept before them all the time. Towards evening each pen was given a little of the same ration mixed with water, which encouraged them to eat more than they would have eaten of the dry powdered food alone. Water and gravel were supplied and the chicks were kept indoors in roomy pens and had no access to other food substance. Probably even on the best diets the confined chicks would not grow as well as they would if they had been outdoors and had plenty of exercise. But it is impossible to make these feeding tests outside because chicks would get green food and insects. The indoor conditions, while perhaps not ideal for chicks' growth, are relatively fair for all chicks in the experiment.

The forty-two chicks were carried through the experiment as described for twenty-one days, with the exception of one chick in Pen II, as explained under that photograph. The chicks were individually weighed every two days on a very sensitive special pendulum scale which was made for the purpose. The weights recorded to the nearest whole number of grams. I have not space to publish the individual weight curves of each chick. These varied slightly, some chicks in each pen doing a little better or worse than the others. But with the exception of the chick in Pen II that went on a food strike, all three chicks in every pen showed the same general tendencies; that is, if one chick gained they all gained, or when one began to lose weight the others soon followed. While a larger number of animals in each pen makes a better average, we feel confident when three chicks show the same general growth effects, and these effects vary with each diet, that the results are caused by the diet and not by inherent tendencies of the chicks.

You can best comprehend the results of our experiment by studying the charts showing the growth and reading the explanatory notes attached to each chart.

Taking the experiment as a whole, I should interpret the results as unfavorable to the denatured grain. As we are dealing with three grains in combination we cannot draw conclusions as to the individual merit of the separate grains. But from previous investigation we are aware that the removal of the bran and germ from any grain has the same general effect of lowering its nutritive value as far as minerals and vitamins are concerned.

Most of you who read this are familiar with this criticism against our American milling processes which thus remove valuable elements of the whole grain. However, I think a careful study of the result of the growth of these fourteen lots of

chicks will show you that the problem is not quite so simple as you may have thought. While six out of the seven pairs of contrasted pens show that the whole or natural grains gave growth superior to highly milled or denatured grains, you will discover that whole grains alone are by no means an ideal growing food for young chicks—and presumably not for other omnivorous animals.

The most striking fact brought out by the experiment is the result attained by Pen XIII, which showed the greatest total gains of any pen in the experiment. Moreover, this diet produced the largest single chick, though the chick was by no means the largest at the beginning of the experiment.

The results attained in this single pen seem to contradict our general knowledge of the deficiency of these highly milled grains, as well as the results obtained in the other pens in this present experiment. It is perhaps possible that by accident three unusually vigorous chicks were placed in this pen, and the other thirty-nine chicks were inherently inferior in growing capacity. However, I do not believe that this is the explanation. Rather I think it is found in the following facts:

The highly milled or denatured grains contain starch and a limited quantity of vegetable protein, and these two ingredients are the same quality as when found in the natural grains. Moreover, there is more of these two ingredients because of the removal of the bran, which is chiefly indigestible cellulose. Inferior as denatured grains may be alone or in any diet which does not fully correct their deficiencies, yet, *in combination with other food that completely overcomes these deficiencies we may secure an adequate diet.*

The combination of milk and green kale leaves seems to completely overcome the denatured grain deficiency. With the deficiencies thus made good, the elimination of bran becomes an advantage for the growing chick, simply because the food is now more concentrated and the chick is enabled to consume a larger total quantity of nutriment—and the growing chick needs all the nutritive elements he can digest.

Here is a case in which the principle might not hold good for humans, and certainly not for adult humans, where the presence of the bran might be desirable as a preventative of constipation, and when there is no necessity of eating to the full capacity of the digestive organs.

My interpretation of the results obtained by this pen seems to be in agreement with the contention of those who defend denatured grains by saying that the deficiencies of such food will be offset by other foods which will supply the needed minerals and vitamins. In this connection I would call your attention to the fact that the chicks of Pen XIII consumed the equivalent of about two pounds

(Continued on page 74)



# No More Gray Hair— Says Science

**Wonderful, Clean, Colorless  
Liquid Restores Original Color  
Surely — Quickly**

**Secret Sought by Thousands  
Now Revealed**

Have you reason to feel that your friends are whispering, "She is showing her age. See how gray she is?"

Or are you a man still full of ambition and with the ability to win and yet regarded as "too old for active service" because your hair is gray?

But no matter how gray it may be, you can see your hair restored to its former color, with all the glossy richness which it had in early years.

## A Remarkable Treatment at Your Service

Every scientist, every physician, knows that gray hair is hair that has ceased to receive its normal supply of coloring matter or pigment from certain tiny cells (called follicles and papillae) in the scalp, because these cells have become inactive from illness, shock of some kind, scalp disease, dandruff, infection, neglect of the hair, or lack of circulation, etc.

It is simply amazing to see how the grayness disappears when Kolor-Bak is used, no matter what the cause of grayness. If your hair was formerly black, Kolor-Bak will make it black once more. If formerly brown, it will again be a soft, luxuriant brown. If it was once auburn, or red or blonde, you see it auburn, red or blonde once more. It will also be uniform in color throughout—not streaked, or gray at the roots and dark at the ends.

## A Marvelous Relief for Dandruff, Itching Scalp and Falling Hair

Thousands have found also that Kolor-Bak works wonders in the most persistent cases of dandruff, itching scalp and falling hair. It is a remarkable help in keeping the scalp clean and free from the scaly matter which clogs the pores and impedes the circulation. It contains beneficial ingredients. It is not greasy or mussy. It is as pleasant to use as the clearest water.

## This Guarantee Your Protection

With every full treatment we send our legal, written, binding agreement and guarantee—that Kolor-Bak will restore gray hair to its original color, will remove dandruff, stop itching scalp and falling hair, and will promote the health of hair and scalp.

## What Thousands Say

"It restored the natural color to my hair and cured my little girl of dandruff."

"My hair was perfectly white—now brown as when young."

"My hair began to turn natural color in twelve days."

"Am 60 years old. Hair was white. Now brown as in youth."



Youthful Appearance Means Popularity.

## "My Hair Was Quite Gray"

"Only a short time ago my hair was quite gray and was becoming grayer and grayer. It was falling out. I began to look older. My scalp itched terribly. Showers of dandruff and scurf appeared whenever I combed my hair."

"I was simply amazed at the astonishing change produced by only a few applications of Kolor-Bak. The itching stopped with the first application. The dandruff disappeared. My hair soon stopped coming out. The most wonderful thing of all, however, is that my hair is again its original, natural color—not one single gray hair to be found in my head. I look ten years younger, and I really feel that much younger. No wonder I'm so thankful for Kolor-Bak!"

(A Typical Letter)



Gray  
Hair  
"Too Old  
for Active  
Service"

"Hair was streaked with white. Now a nice even brown and dandruff all gone."

"My hair was falling out badly. Kolor-Bak has stopped it and put it in fine condition."

From everywhere come words like the above praising this wonderful treatment for the hair.

## Free Trial Offer

To give you the fairest opportunity to learn what Kolor-Bak will do, we are making a most attractive free trial offer, particulars of which will be sent to those who ask for it. No money to send, only the coupon—and if you send it now we will also mail you our free book, "How to Care for the Hair."

No matter what you have used, unless you have already tried Kolor-Bak, you have not found the truly effective way to restore the vanished color.

Don't send a sample of your hair as the one clean Kolor-Bak solution is for all hair, regardless of former color. Mail the coupon to Hygienic Lab-

oratories, 204 South Peoria Street, Dept. 975, Chicago, Illinois. Canadian customers supplied from our Canadian laboratory.

## HYGIENIC LABORATORIES 204 S. Peoria Street,

Dept. 975, Chicago, Ill.

Please send your Free Trial Offer on Kolor-Bak and your Free Book on Treatment of the Hair and Scalp.

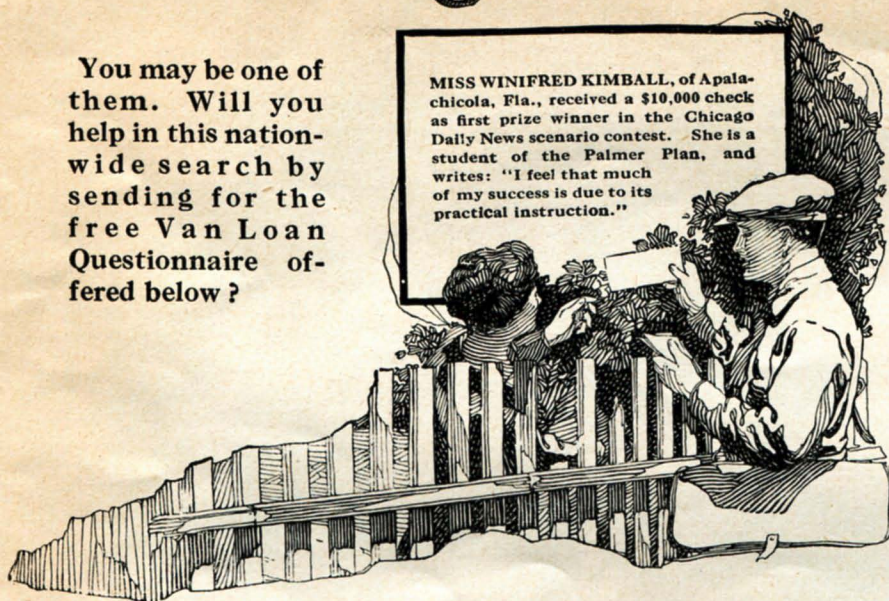
Name .....

Address .....



# Missing Heirs

You may be one of them. Will you help in this nationwide search by sending for the free Van Loan Questionnaire offered below?



THE Palmer Photoplay Corporation is in the position of a lawyer who has been commissioned to find the missing heirs to a great estate.

The motion picture industry *must* have new scenarios. It *must* have them if it is to continue to hold its vast audiences. It *must* have them if its great studios and investments are not to become worthless. It is willing to pay fortunes for these stories; it is ready to crown the successful scenario writers with fame and maintain them in luxury. Who are these people who can tell a story? Where are they?

To find an answer to these vital questions the industry has commissioned the Palmer Photoplay Corporation to conduct one of the most exciting searches ever undertaken.

We use the words "exciting search" advisedly. Can you imagine anything more exciting than to find the talent that won the \$10,000 prize in a nation wide scenario contest? To discover in a Montana housewife the power to tell a story and to shower upon her checks for \$1500, \$2000, \$2500, as the rewards of a talent which she did not know she possessed? Can you picture the surprise and delight of a Utah reporter, a private secretary in Pennsylvania, a Chicago Red Cross worker, when lifted suddenly to an earning power beyond their wildest dreams? Or of the inmate of a penitentiary whose scenarios are eagerly sought? These are actual incidents in this combing of the country for men and women with story-telling power.

And still the search goes on. Hundreds of thousands of copies of the Van Loan Questionnaire must be distributed this year; will you send for your copy? You may be one of the thousands (out of the hundreds of thousands) for whom the rewards of this new era wait.

## The Van Loan Questionnaire— a big new invention

Not every man and woman can write stories for the screen. In the past many who had no real talent or chance for success have wasted time in fruitless trying. Such waste of time and money is no longer necessary. By an interesting new development it is now possible for you to know almost at once whether you have any gift of **creative imagination** and whether it will pay you to develop that gift.

The invention is a Questionnaire such as was used by the United States Army in establishing the qualifications of officers and men in the war. This Questionnaire has been created with special reference to the needs of the motion

picture industry by H. H. Van Loan, the well-known Photoplaywright, and Professor Malcolm MacLean, formerly of Northwestern University.

We invite you, without obligation, to send for your copy of this questionnaire. We ask you to co-operate with the new forces in the motion picture industry by making this free test of your creative talent in your own home.

### We shall be frank with you

The Palmer Photoplay Corporation is the largest seller of motion picture scenarios in the United States. It is in business to secure scenarios for which producers will pay large sums.

The Educational Department of the Corporation is organized to train men and women of talent to a point where they can produce such scenarios. Therefore the Educational Department must and does deal very frankly with those who fill in the Questionnaire. If your talent is not sufficient to justify you in going on, you will be promptly notified.

If, on the other hand, you should be one of the thousands now unknown who are to be important factors in this second era of the motion picture industry, the facilities of the Educational Department will be placed at your disposal if you choose to take advantage of them.

### At least test yourself—the test is free

Surely this simple test is worth trying. Failure to attain high rank in it involves you in no loss. You have merely invested a stamp and a pleasant hour of mental discipline. On the other hand, success with the questionnaire may open the way to fame and immense reward.

Do not pass by lightly the chance to share in this second era of the motion picture industry. Send today for the Van Loan Questionnaire.

## PALMER PHOTOPLAY Corporation

Dept. of Education, H-9, 124 W. 4th St.,  
Los Angeles, Cal.



PLEASE send me, without cost or obligation on my part, your questionnaire. I will answer the questions in it and return it to you for analysis. If I pass the test, I am to receive further information about your Course and Service.

Name..... Indicate Mr., Mrs., or Miss

Address.....

H-9.

(Continued from page 72)

of fresh milk for each pound of grain food. Moreover, they consumed at least  $\frac{2}{3}$  pound of green kale leaves for each pound of denatured grain. Very rarely would any conventional human diet contain such large proportions of these two highly protective foods. The average American probably does not eat two-thirds of a pound of green leaves in a month.

To show the force of this argument we have only to observe from the present experiment the inadequacy of either the kale or the milk alone to fully overcome the deficiency of denatured grain, whereas potatoes are entirely useless and meat, or meat and potatoes, almost so.

You will find a further point of interest in comparing the effect of meat with the denatured and the natural grain. Meat, like milk, stimulates growth because of the highly available animal protein. But with the denatured grain this meat stimulated growth is soon checked and turns to weight losses, showing that some essential element in the diet is lacking. In Pen VII we have the conventional white bread, meat and potato diet and find that as soon as the chick exhausts the vitamins, minerals or whatever essentials are stored in its body, such a diet will not support growth or even maintain weight and vitality.

The combination of meat with natural grains forms a much better growing diet. In fact our experiment seems to suggest that whole grain (in practice this means *whole wheat bread*) is more essential with a meat diet than it is with a milk diet.

Certainly, our tests, as a whole, show that we are right in advocating natural grains in any diet in which there is any likelihood of a deficiency of minerals or vitamins. But our results also indicate that even these natural grains are by no means a guarantee against an inadequate diet, and that the mere adoption of whole wheat bread in the place of white flour bread is not the whole problem of perfecting the diet.

Some of the points brought out by this experiment will be further investigated in our laboratory. We are now conducting a more direct test of the growth producing values of white versus whole wheat bread, in combination with widely varying proportions of other food ingredients. The results of this test I hope to be able to present to you in the next issue of PHYSICAL CULTURE. We are also beginning our work with white rats, though our laboratory is not yet fully stocked with experimental animals of this species. But rats do not believe in race suicide, and, like the guinea pigs in Ellis Parker Butler's famous story, they are multiplying at a most astonishing rate.

Do not miss the future articles of this epochal series reporting the results of PHYSICAL CULTURE's Food Research Laboratory. They will give you definite knowledge of life-giving foods.



# Even Bone Tuberculosis Cured by Milk

(Continued from page 49)

made the usual and expected downward progress. He was losing ground very rapidly and, as his father and his good friend, Mr. Walter, have said, a fatal termination was expected within a very few months.

However, about this time, and before the young man had finally booked passage for *la longe traverse*, he was taken radically in hand. After a short fast, he was put on an exclusive milk diet. The immediate result was that his *body* was furnished with calcium, magnesium, phosphorus, and all the food elements needed by the organism for the repair of his devitalized and diseased tissues.

Of course, the point will be raised—and rightly so—that one swallow doesn't make a summer, and that this particular patient was just about due for a favorable change, anyhow.

Or else, that his getting well was a mere coincidence—impossible of duplication. The only answer to this is that this case is only one among thousands of cases of every conceivable pathology—many of which are infinitely more remarkable in the results secured than is this one.

And the further and more encouraging answer is that if the worn out bone and tissue cells in the young man, whose case is described in this article, could be supplied by this food with the elements needed for their re-building, and if the defensive forces of the body could be rejuvenated and stimulated into activity—which they must have been in order to produce the remarkable results developed by this treatment—there is undoubtedly strong hope for thousands and hundreds of thousands, who suffer from less serious disorders.

So, it seems to be proved definitely that the limited fast will give the system a chance to throw off its accumulated poisons. It will give the cells a chance to clean themselves. It will put every cell in the body in a better condition for absorbing the *right* kind of nutriment—when this right kind is administered.

The processes of repair *must* be hastened by this régime. And often a complete recovery may be brought about—as we have seen in this series of articles.

This does not mean that the age of miracles has returned, or that the fabled fountain of Ponce de Leon has finally been found.

It does not mean that you can build a new body, or replace damaged organs or structures, if these organs or structures are damaged beyond repair. For getting back to normal, in any case, depends upon whether there is sufficient functioning tissue left in the body, or in the organs or structures affected, to carry on the physiological processes necessary to life, growth and repair.



## This Free Test

### Has brought prettier teeth to millions

The prettier teeth you see everywhere now probably came in this way.

The owners accepted this ten-day test. They found a way to combat film on teeth. Now, as long as they live, they may enjoy whiter, cleaner, safer teeth.

The same way is open to you, and your dentist will urge you to take it.

#### The war on film

Dentists, the world over, have declared a war on film. That is the cause of dingy teeth—the cause of most tooth troubles.

A viscous film clings to the teeth, gets between the teeth and stays. Old brushing methods left much of it intact. Then it formed the basis of thin cloudy coats, including tartar. Most people's teeth lost luster in that way.

Film also holds food substance which ferments and forms acid. It holds the acid in contact with the teeth to cause decay. Germs breed by millions in it. They, with tartar, are the chief cause of pyorrhea.

Very few people have escaped these troubles caused by film.

#### Ways to combat it

Dental science, after long research has found two ways to combat that film. Able authorities have amply proved their efficiency. So leading dentists the world over now advise their daily use.

**Pepsodent** PAT. OFF.  
REG. U.S.

*The New-Day Dentifrice*

Endorsed by modern authorities and advised by leading dentists nearly all the world over now. All druggists supply the large tubes.

A new-type tooth paste has been created, avoiding old mistakes. The name is Pepsodent. It does what modern science seeks. These two great film combatants are embodied in it.

#### Aids nature's fight

Pepsodent also multiplies Nature's great tooth-protecting agents in the mouth. One is the starch digestant in saliva. That is there to digest starch deposits which cling to teeth. In fermenting they form acid.

It also multiplies the alkalinity of saliva. That is there to neutralize mouth acids—the cause of tooth decay.

Thus Pepsodent gives to both these factors a manifold effect.

#### Show them the way

Send the coupon for a 10-Day Tube. Note how clean the teeth feel after using. Mark the absence of the viscous film. See how teeth whiten as the film-coats disappear.

One week will convince you that Pepsodent brings a new era in tooth protection. Then show the results to your children. Teach them this way. Modern dentists advise that children use Pepsodent from the time the first tooth appears.

This is important to you and yours. Cut out the coupon now.

#### 10-Day Tube Free

945

THE PEPSODENT COMPANY,  
Dept. 189, 1104 S. Wabash Ave.,  
Chicago, Ill.

Mail 10-day tube of Pepsodent to

.....

.....

Only one tube to a family





## What You Long to Know— But Dare Not Ask!

**F**EW things are more discussed than marriage. Few subjects present as many puzzling problems. Yet we hesitate to talk to anyone about most of them. Things that we long to know we dare not ask. Questions about every phase of it startle us with their importance—yet who is there to turn to for help, for guidance?



Sometimes it is the husband, sometimes the wife—but in the life of either there often comes a time when neither cares whether the other ever comes back again.



An occasional "spat scene" is to be expected. But when married life means continued bickering and fault-finding then it is time to find the real cause.



Extravagance on the part of either the wife or husband is one of the most frequent causes of married misery. Learn how to meet this problem.

Lesson Four" will be coupon at once.

BEERY PUBLISHING CO., Dept. 39, Pleasant Hill, O.

Beery Publishing Co., Dept. 39, Pleasant Hill, O.

Please send me in a plain container, Professor Beery's little book, "Secrets in Marriage." Also without additional cost, include the "Famous Lesson Four." I am enclosing \$1.

Name.....Age.....

Address.....

It does mean, however, that with a milk and citrus fruit diet, you are furnishing the system with elements badly needed to make new blood, furnish pabulum for the repair of broken down cells; increase the total alkalinity of the body fluids, developing thereby a higher degree of resistance, and a better functioning power generally.

With a milk and orange diet, there is no need for worrying about the "balance" in the ration. For the proteids, the fats, the sugars, and the organic mineral salts are all there—and in a most digestible and assimilable form. That the medical profession generally is coming to accept these facts is demonstrated by the frequent references to the method in modern medical literature.

In a very constructive article by Dr. J. C. Howell, of Orlando, Fla., brief mention is made of the increasing general interest in the "milk cure." Dr. Howell prefaces his interesting article by saying:

"Perhaps nothing in the field of therapeutics is creating more interest among serious-minded physicians at the present time than the milk diet and rest cure sanitariums for the administration of which are springing up in all parts of the country. Foremost among these is the one at Burnett, Long Beach, California, conducted by Dr. Charles Sanford Porter, one of the pioneers in the milk diet and rest cure field in this country. All well-read physicians are more or less familiar with the remarkable results obtained by S. Weir Mitchell of Philadelphia, in his rest cure homes. However, Dr. Mitchell, as I understand it, did not confine his treatment to rest and milk cure, but administered powerful drugs when he thought they were indicated. Dr. Porter and his followers, however, give practically no drugs, but depend almost entirely for results on the therapeutic value of rest accompanied by milk given in a certain way."

Further on in his article, Dr. Howell very kindly refers to one of my "stories" in this series. He says: "In PHYSICAL CULTURE for February 25th, is an article by Edwin F. Bowers, M.D., entitled 'Milk—Almost a Cure-All,' in which is told a remarkable story of the remaking of a total human wreck by the administration of the milk diet combined with rest and other simple remedies."

"Physicians will do well to remember that milk has all the vital substances designated as vitamins and, besides, is a perfect food containing every element necessary for the nutrition of the human body. While the writer doesn't look upon it as a cure-all (in fact, he is thoroughly convinced that there isn't any such remedy), however, in the treatment of gastro-intestinal diseases, diseases of the liver, nervous disorders, kidneys, circulatory system and kindred diseases, it is his belief that it is one of the greatest therapeutic agencies when properly used that any physician can employ.

"It is not a new remedy, as Hippocrates

advised consumptives to drink large quantities of asses' milk, and Homer called the Scythians Galactophagi, or feeders on milk, and Herodotus described their method of handling mares' milk. E. Von Niemeyer, Winternitz, Bremer, Kuhner, Cohen, Ebstein, Gomberg, Scheiber, eminent medical authorities, have all advocated the milk diet in the treatment of different chronic diseases. Professor Bauer says emphatically: "It is an indisputable fact that in certain diseases, a methodical use of milk cure gives results such as can be obtained by no other treatment."

"However, the method of administering milk at the present time, the quality of the milk and environment, has made it a much more efficient therapeutic agent than it was in ancient days."

Straws show the direction in which the wind blows. Broad, wholesome references, such as these, show the bent of the alert medical mind.

In any event, hundreds of less sensible, and scores of more painful and more dangerous treatments than the limited fast and the milk diet are being used every day. So why not give the cow a chance to make good?

## Tuberculosis of the Bone Completely Cured in Ninety Days

By J. B. Walter

Cashier of the Pleasant Unity National Bank, Pleasant Unity, Pa.

Ira J. Bush is the son of a very dear friend of mine. The doctors found that Ira had tuberculosis of the bone; he had had it for about three years. His trouble started in the left foot and continued there for some time. On seven different occasions bones came from great discharging ulcers that appeared on the foot.

The next opening was in the right arm, just below the shoulder. This ran for over a year. Not so much bone came out from this part as from the foot, but the discharge was much greater, and highly offensive in odor, as all dead bone sloughings are.

The next ulcer appeared just below the left knee, and persisted until the beginning of the milk diet. None of the openings benefited by the treatment given by the doctors; the sores continued to actively discharge. Yet, when the arm was bad, the condition in the foot would not be so pronounced, and vice versa. The patient had all the treatment that the best doctors in this section could give him, but kept growing steadily worse. His weight varied from 88 to 92 pounds. He was terribly emaciated and run down.

In the spring of 1920 Ira came out of a plaster of Paris cast. They could do nothing more for him in the hospital. So

(Continued on page 78)



# A Quarter Million Happy Stomachs Helped to Write this Story

Relieved of stomach acidity in from 48 to 72 hours, freed from indigestion without resorting to drugs or medicines of any kind, restored in bodily strength and mental vigor—250,000 happy men and women bear witness to the regeneration which this practical science of health has brought into their lives.

Let those whose experiences are outlined below tell you in their own simple words how their stomachs have been *remade* through Nature's curative powers!

"I COULD hardly believe that an acid stomach could be cured in 48 hours," says G. B. Myers, Kenosha, Wisconsin, "but how simple it is when you only know how to eat the right food!"

"My system had been wrecked by nervous indigestion," adds the Reverend H. L. Gober of Brunswick, Georgia, "but just one meal according to simple instructions had a most wonderful effect!" And Loren W. Chester, Albion, N. Y., exclaims: "A miracle could scarcely have astonished me more than the immediate results in my case. From childhood I had suffered from chronic intestinal congestion, requiring the habitual use of drugs. After a day or two under this new program of eating I found that no more drugs were needed, and the relief has been permanent."

"I had come to regard myself as a chronic dyspeptic," is the statement of J. V. Criswell, Normal, Illinois, "but I now find I have had a perfectly good stomach all the time, only I had simply been eating the wrong foods. Words fail to express my deep appreciation for the truths I have learned." "I haven't been so enthusiastic over anything in a long time!" asserts Mrs. H. G. Peterson, of Denver, Colorado.

## Crimes We Commit Against Our Stomachs

No discovery of the past 50 years in the field of health investigation exceeds in importance the disclosure that the stomach and intestinal tract are the seat of 90 per cent of all sickness.

It means that of all the maladies, little and big, which afflict the human body, nine out of ten are directly due to *wrong eating habits*.

We eat certain foods and refuse others without even asking ourselves why—largely through habits contracted in early life, without any real comprehension of what happens to those foods when they get into the stomach!

Yet Science has shown that certain combinations of food simply will not mix in the stomach; chemical reactions are formed, setting up quantities of gas and acid—they may be said literally to "explode" within us, liberating dangerous poisons which are absorbed into the blood and thus distributed through all the organs and tissues of the body.

It is these poisons which form the root of nearly all sickness, the first indications of which are acidity, fermentation, gas and constipation. As most of us know, such "warnings" if not heeded often lead to very serious consequences.

## Do You Really Know How to Eat?

To eat "good nourishing food" is not necessarily to eat for the best results, according to modern investigation. Too many foods which we have long regarded as nutritious have little food value—or when they are combined with certain other foods, perhaps none at all. On the other hand, many foods which we like but have been warned to let alone, are not necessarily harmful when eaten in moderation, if only care is taken in combining them with others so that we shall not take into the stomach, at the same meal, foods which are wholly incompatible.

Just as *wrong* combinations of good foods impair our health, cripple our energies and

weaken our vitality, so may the very same foods when eaten separately, or when rightly combined with others, make the best "tonic" in the world for nourishing and building up the body.

## Thousands Benefited by this Simple Method

Experience proves the truth of this practical Science. Almost unbelievable are some of the results which have followed the application of this principle of scientific eating which Eugene Christian, the famous food specialist, was the first to thoroughly work out and reduce to the form of simple *menus* which any man or woman can easily follow.

Eugene Christian's Little Lessons in Corrective Eating have shown thousands of people, with almost every kind of ailment resulting directly or indirectly from wrong eating, how to bring themselves back to normal health through corrective eating. And he has shown a great many other people who were not suffering from any specific disease, but just run down in health, how to eat their way to buoyant health and increased energy by properly combining and proportioning their every-day foods—and entirely without the use of medicine.

"I had several stomach remedies and was finally advised to go to the hospital to undergo an operation," says H. B. Cushing, a Chicago business man, "but I was fortunate enough to follow Eugene Christian's common-sense lessons in Corrective Eating instead, and now after only four months I consider myself cured. I never get sick, tired and worn out, as I used to, and I feel fine!"

The case of Miss L. I. Scates, San Jose, California, is equally astonishing. "When I began to follow Christian's *menus* I hadn't eaten anything for 11 days," she relates. "My stomach was so weak I could not retain anything, but the foods he suggested began to take hold. I gained in flesh and strength, and am now in better health than most women of my age (68)."

"I had tried doctors galore," writes E. W. Clark, Manchester, New Hampshire, "My stomach pained me like an ulcerated tooth. In two weeks from the time I started following Christian's 'Little Lessons in Corrective Eating' I was free from pain. My weight was 112—now it is 130. I could hardly walk a mile—now I walk from four to fifteen miles daily."

## A Quarter Million Followers

Is it any wonder that one regenerated person after another had passed along the good word of Eugene Christian's famous "Little Lessons in Corrective Eating" until now a quarter million of these courses are in the hands of former sufferers from all kinds of stomach and intestinal disorders?



And Corrective Eating means no discomforting diet, no privation, no self-denial whatever. In fact, you come to take more pleasure in eating than ever before! "These food combinations are wonderfully satisfying," says A. P. Heimann, Piqua, Kansas. "I have enjoyed my meals and had more comfort after eating than I have had in the past five years!" confirms Miss Ethel F. Ernst, Walla Walla, Washington.

The 24 "Little Lessons in Corrective Eating" are written in plain language for everybody's use. There is no hard work about it, no studying out technical formulas or "dry as dust" statistics. Eugene Christian gives you merely a few simple *menus* for breakfast, lunch and dinner, curative as well as corrective. If, for instance, you wish quick relief from stomach acidity you simply turn to Pamphlet No. 18, and there on pages 214-217 you find *menus* suggesting foods, delicious and appetizing, which Eugene Christian has scientifically combined together so as to offset acidity, adjust the system through Nature's recuperative powers, and restore the normal processes of healthy digestion.

All the work has been done for you by Eugene Christian, who has spent years in studying out these scientific food combinations. All you have to do is to choose whichever *menus* appeal to you most from the liberal selection that is offered you. "The best part of the 'Little Lessons' is their simplicity," writes Andrew Magarvey, Philadelphia, Pa. "They contain more common sense than anything of the kind that has ever come to my attention," is the frank endorsement of W. A. Hendrick, New Haven, Connecticut.

## Sent on Approval

S. D. Wingate of Seattle, Washington, says "I have never made any investment that seems to return such large dividends." And C. Havig, San Diego, California, states, "I would not give up my 'Little Lessons' at any price if I could not secure another set." Yet these 24 "Little Lessons in Corrective Eating" may be secured "at a price less than you would pay for one visit to the doctor," as R. S. Edwards, Flushing, Long Island, has expressed it.

But you need not pay even a penny for these "Little Lessons" if you are not fully satisfied that they can bring you welcome relief from stomach trouble or other disorders of the digestive tract, just as they have brought buoyant health to these thousands of other men and women who so enthusiastically sound the praises of Corrective Eating.

The 24 "Little Lessons in Corrective Eating" will come to you on trial. You are the sole judge as to whether they are return to you the negligible price of \$1.97. But send no money now. Simply fill out the handy coupon and Eugene Christian's 24 "Little Lessons" will come to you by return mail. When the postman delivers the package, in plain wrapper, see the results you get in from 48 to 72 hours. If for any reason you are dissatisfied, simply return the "Little Lessons" at our expense and your money will be refunded immediately.

Could any offer be fairer? "Good Health is almost priceless," says E. C. Horton, Chicago, Illinois, "and Corrective Eating will surely bring good health." Fill out the coupon and mail it without delay. Write today to Corrective Eating Society, Dept. 279, 43 West 16th Street, New York City.

## CORRECTIVE EATING SOCIETY, Inc.

Dept. 279, 43 West 16th St., New York City

You may send me, in plain wrapper, Eugene Christian's 24 "Little Lessons in Corrective Eating." Upon the arrival of the package I will pay the postman only \$1.97 (plus a few cents postage) in full payment. If I am not fully satisfied, I will return the course within five days and you are to refund my money in full.

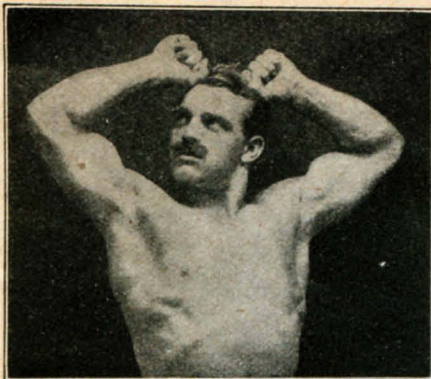
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ARTHUR L. HYSON

## How to Possess A Perfect Body

Let's not waste a lot of words. Every man wants a perfect body. You want a physique to be proud of. You want muscle, you want strength and you want to enjoy the abounding health that goes with it.

If I offered you a few simple rules to follow which would give you all that you desire, would you read them? Of course you would.

I have spent many years in research work, compiling simple facts which every man ought to know. I can tell them to you in less than one hour's time. They are startling revelations on the human system and how you can transform your body within a few months' time. It is the short route to Health and Strength.

## It Is Free

The fruits of my many years' labor are yours for the asking. All I request is that you cover the postage and wrapping of this book which Doctors and Physical Culture Experts claim to be the only thing of its kind ever published. This will not obligate you in any way. After you have read it, if you do not purpose in your heart to be the man you were meant to be, you have only yourself to blame. I show you the way how. The rest is up to you. The edition is limited, so send your name and address at once, enclosing 10 cents to cover postage and wrapping.

**Arthur L. Hyson**

Department 45

Langdon Bldg., N. Y. City

### COUPON

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Langdon Bldg., New York, N. Y.

Dear Sir: Without obligation on my part please send me a copy of your book, "PHYSICAL PERFECTION," for which I enclose 10 cents.

Name.....  
(Please print or write your name plainly.)

Street.....

City..... State.....

(Continued from page 76)

he hobbled around the house on a pair of crutches. Neither his father nor the rest of us had much hope that he would ever be any better, and it seemed certain that there would be a funeral in the fall.

Then his father and I talked the matter over and concluded to take the case in hand ourselves.

We gave Ira a brief fast of four days, and then started him on the milk diet in June. This lasted for thirty-five days, with all he could take for over three weeks. Many days he took a glassful every half hour, so that more than two gallons were consumed.

The treatment worked like magic. The sores commenced to heal up. The odor gradually grew less offensive. The color came back to the skin, and he started to put on weight and get strong, by the clock. The bowels became very active, and everybody could see the wonderful gain that was being made.

The last slough came off from the arm about sixty days after treatment was started; in less than ninety days from the beginning of the treatment a complete cure was effected. Ira put aside his crutches. He was well—thoroughly cured—and could get around as well as any young fellow.

He eats no meat, works every day, takes rub down and cold bath, wears little clothing. In other words, he is now looking after his health.

I am a great believer in the healing power of sunlight, which is the great germicidal force of nature. So we kept Ira out in the blessed sunlight almost every day and let him "soak in" all the cleansing light that he could—scantily clothed as possible.

The total result of the milk diet and the fruit and sunlight was wonderful. He gained 20 pounds in weight during the milk diet, and by October (four months) had grown about five inches in height, and now weighs 140 pounds—all good, solid flesh.

We kept him busy—to bed at nine—up at five—out in the open at all times, with little on. He took lots of exercise and deep breathing. This, with all the milk he could drink, produced the desired result. I was confident we could cure the boy with what I call physical culture methods. And we did.

I only hope thousands of sufferers all over the country may be influenced to try the same sort of treatment we gave Ira. I am sure that if they are faithful and persevering they will get just the wonderful results we did. Because it is only nature working, after all. And in this way we work with her.

## The Week of October 23rd

Are you making plans to attend the mammoth Physical Culture Exhibition at Madison Square Garden, New York, which takes place during the week of October 23rd? No other show ever held like it.

(Special Cable Dispatch.)

London, July 9—Marquis Curzon, of Kedleston, Great Britain's Foreign Minister, who the last week confirmed his withdrawal from the government due to ill health by saying he would be back at work within ten days, was cured after all other methods failed, by Emile Coue, the French exponent of Auto-suggestion. Lord Curzon personally makes this interesting disclosure today.  
(Phila. Public Ledger dispatch.)

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## YOUR HEALTH

IN

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BY

**EMILE COUÉ**

This famous French psychologist, whose clinics are the talk of Europe, has performed some remarkable cures through his methods of Conscious Auto-Suggestion.

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This book, which is written in English, contains a complete exposition of his theory, methods and cures with

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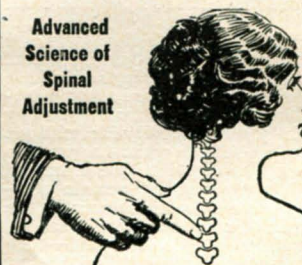
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# How I developed Personality through learning to dance

Besides increasing my popularity, Dancing has given me perfect physical and mental control, ease of manner, self-confidence and poise. How I learned at home in a few evenings.

By Albert Wheatly



Arthur Murray  
Dancing Instructor  
to the  
Vanderbilts

Without doubt, I used to be one of the most self-conscious, awkward persons alive. I never felt thoroughly at ease with anyone. I never knew just what to do with my hands and feet. When talking with people, I was constantly worried about what they were thinking of my dress, my manner or my speech.

Now I can weave my way through a crowded ballroom, constantly alert against collisions and still converse with a partner, oblivious of everything but our topic. I am always thoroughly at ease, no matter what the circumstance. And my knowledge of how to control my hands and feet has gone a long way toward ridding me of embarrassment in the presence of strangers.

## How I Learned to Fox Trot In An Evening

When I took up Arthur Murray's Course in Dancing Instruction I must confess I had no idea that while I was acquiring a social grace I would also be developing physical and mental control, ease of manner, self-confidence and poise. I had wanted to learn a few dances so as to enjoy some of the monthly affairs at the club. And I was attracted to Arthur Murray's learn-at-home method of instruction through one of his advertisements entitled "Free Proof You Can Learn to Dance in One Evening at Home." I filled in and returned the coupon, and in a few days received the course. It is an amazing fact that without either music or partner, I was able to master the Fox Trot right in my own home in *one evening*. And within a very short time I could dance

the Fox Trot, One Step, Waltz, and all of the other new dances.

At the next affair, I astonished all my friends with this new-found ability. I had no trouble at all in finding partners, because one girl told another and it was soon known among the girls that I had become a fine dancer. And when the girls crowded around me I discovered that I had gained poise. They couldn't understand how I learned so quickly and

"kidded" me a little. But I was able to banter back and forth with them without feeling at all embarrassed, or getting red behind the ears.

To every one who wants to develop rhythm, coordination of thought and movement, ease of manner and control of feet and hands, my advice is "Take Arthur Murray's Course in Dancing."

## Special Proof Offer to Readers of This Magazine

In order to show you how easily any one can learn to dance at home without music or partner, Arthur Murray has consented for a limited time only to send you the following seven lessons for five days' trial!

1. Popular steps in Fox Trot and One Step; 2. The Basic Principles of Waltzing; 3. The Secret of Leading; 4. How to Follow Successfully; 5. How to Gain Confidence in Dancing; 6. The Correct Dancing Position; 7. How to Perfect Your Sense of Rhythm, and other Dancing Helps.

Through his new, improved method of teaching dancing by mail, Mr. Murray is now able to give you the same high class instruction in your own home that you would receive if you took private lessons in his studio and paid his regular fee of \$10.00 per lesson.

Arthur Murray is easily America's foremost authority on social dancing, and is recognized as such. The Vanderbilts, Ex-Governor Locke Craig of North Carolina, and scores of other socially prominent people chose Mr. Murray as their dancing instructor. In fact, even *dancing teachers* the world over have been instructed by him. More than 60,000 people have learned to become wonderful dancers by mail.

## Send No Money—Not One Cent

If you want to see for yourself how quickly this new course by Arthur Murray can teach you all of the new dances and latest steps, just fill in and mail the coupon—or a letter or post card will do—and the special proof course will be promptly sent to you. When the postman hands you the seven lessons, simply deposit only \$1.00 with him, plus a few cents postage, in full payment. Keep the course for five days. Practice all of the

## DO YOU KNOW—

The Correct Dancing Position

How to Follow Successfully

How to Tell What the Orchestra Plays

The Five Positions of the Feet

The Fox Trot Walk

The Basic Principles of Waltzing

The Secret of Leading

How to Keep Time to Music

How to Avoid Stiffness

The Difference Between the New and the Old Dances

The Chase

The Forward Waltz Step

All of these are clearly explained in the seven-lesson course which costs only one dollar, and if not satisfactory, may be returned within five days after receipt by you.

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# I Lost 40 Pounds in My Garden

(Continued from page 25)

up its face and grin, so it's no discredit if *you* fail!" However, dragging around the sunny-window baggage had given me strength in the legs and power in the arms, so that I had "pep" enough left to tackle the Great Outdoors.

"Your soil seems pretty sour," said a more knowing neighbor. "Test it by dipping litmus paper in the liquefied mud. Then, if needed, throw on garden lime."

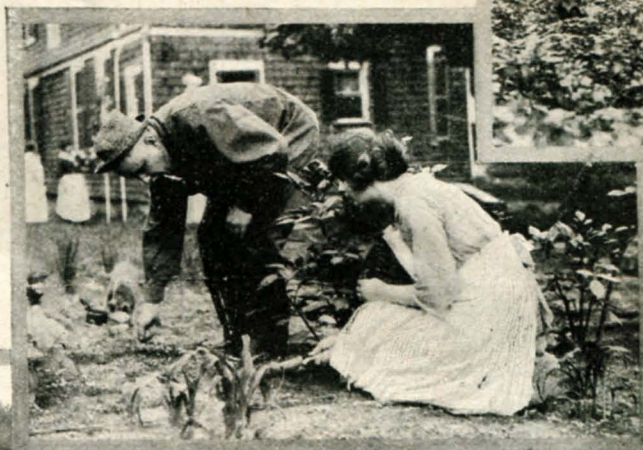
True, just as he said, the alkaline blue of the litmus turned to pink acid color in my first mud-pie of forty years. I promptly bought four fifty-pound bags of lime to broadcast on the garden space. I also gave the land another light dressing of cow manure, and thus having sweetened it and fed it, I attacked with spade and fork the fall-turned sods from which the first spring grass was just peeping.

This hand spading-up is "heap big medicine." Better than any of the

chest, shoulders and extremities ached and ached! At night I slept like a log. Daytimes, a new sense of well-being began to steal over me. Once I was habituated, there was only ordinary fatigue. In the July sun the cure would probably have killed me, but in the cool-weather season it is a beneficial flesh-reducer, and fits one for the easier hot-weather labors of



The Nut Gardener and his niece put up the beanpoles.



The gardener sows the seed of summer and fall annuals whilst his niece is working with the trowel around the vigorous dahlias.



The Garden in June, home-made beanpoles and hoeing the cauliflower'n everything. The Kitty who always "works" with the Nut Gardener consented to pose in this picture.

Kickapoo herb doctor's wares, or all the official restoratives mentioned in the pharmacopoeia. In brief: complete setting-up exercises in nature's own garden "gym." First, I went spade deep—a foot or so, on the road to China; then, doubled up like a jack-knife with fingers to toes, I pulled out each refractory sod and shook back the rich root humus. Crumbling up the big clods with flat of spade, and throwing out the rocks and roots for my garden path, completed the strenuous cycle, which was repeated for every foot of ground. Later, I harrowed with a big iron rake, which is great dope for the upper trunk and arms.

Sakes alive, how my back, abdomen,

cultivating. Start in cool weather!

Beginning with March 26, seed-time caused me to forget all the other countryside sports and hobbies. I got closer to mother earth than I ever had since I acquired flesh—and a golf caddy; mostly haunched or on hands and knees whilst putting in seeds and transplants, or alongside the seedling rows, removing each enemy weed. For the first time in two decades, I could see below my shrinking (no longer expanding) waistcoat. At meals I ate well, and yet my appetite didn't measurably increase. There was the double satisfaction of feeling good and of getting garden results: nature's bounty of strong, stocky young plants through

the favoring influence of soil, sun and rain. Weekly hoeing and weeding, occasional mixing of fertilizer near the roots, the constant care to keep the surface unbaked, the plants well supported, and the pests away by dusts, sprays, douches and emulsions, were the simple and readily followed book recipes to success.

One's own medicine wasn't hard to take, and the garden was certainly growing!—growing as fast and furiously as the window-box stuff had been pindling. From the first of May we bought no more from the green grocer's shop. Using less meat and but the average quantity of bread and dairy products, we ate everything in our ripening bill of fare—lettuce, raw and cooked onions, asparagus, spinach, beets, carrots, endive, strawberries, cherries, currants and, before July, peas, string beans, kohlrabi, tomatoes and potatoes.

In the midst of my assiduous attention to the plants, my wife began to get alarmed. Privately to her intimates she questioned my sanity. "Early in the morning and late at night," I overheard her say, "he works, works, works—goes to the city but twice a week and sacrifices many dollars' worth of brain income to a few dollars' worth of plant-raising! Why, I hardly see him except at meal-times and sleep-times."

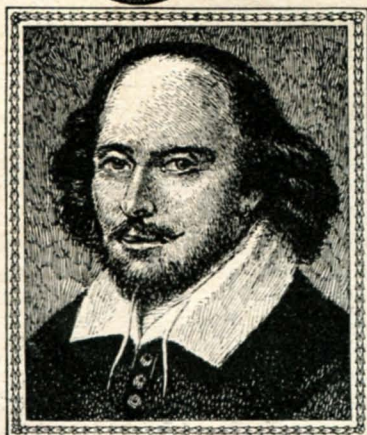
'Twas an eloquently just complaint in re the gardener gone "nutty." However, I was resolved to see the tryout through, so resorted to strategy. "Honey," I said,

(Continued on page 82)



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I wished to do something more than reach a seemingly impossible low price. Realizing that busy men and women of today find little time to read, I planned to publish Shakespeare in a volume size that would create the desire to capitalize idle time—on the street car, to and from the office, on the trains between cities—spare moments, here and there, downtown and at home in the evening.

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There's one big element in the lives of men and women which all share equally—the element of time. There's twenty-four hours for every-

one of us every day. Men and women who have gained most in wealth, position and happiness, are those who have found the secret of best investing each hour of the twenty-four. With this set of Shakespeare, I feel I'm helping furnish valuable time to those seeking time to read.

As a buyer of this magazine, you appreciate the finer, better things in good reading. You know Shakespeare, but you wish to know him intimately as the Master Interpreter of Life. You may have envied your friends who quote beautiful, forceful passages from his great characters. You may have Shakespeare in a beautifully-bound set in your library. But now you may have Shakespeare as your daily companion,—a companion creating time for an intimate relationship.

### How This Price Is Possible

Buying paper by carload lots, publishing one size of books and selling them, brand new, direct from specially built presses to you, made possible the price of less than 8 cents a volume; a little more than the cost of your Sunday newspaper. Yet this price is made possible only by my belief that there are at least 250,000 warm friends of Shakespeare who have come to appreciate the big and beautiful things in life, found in and resulting from good reading.

And when I've found these 250,000 friends of Shakespeare, I will have realized a greater reward than any slight recompense resulting from selling Shakespeare at less than 8 cents a volume.

*E. Haldeman-Julius*

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Each volume is attractively printed on a good quality of paper in clear type of newspaper size and bound neatly in blue cover stock. If you are not satisfied, return them within 5 days and your money will be refunded. Send this coupon, properly filled out, immediately, for this unusual offer of less than 8c a volume.

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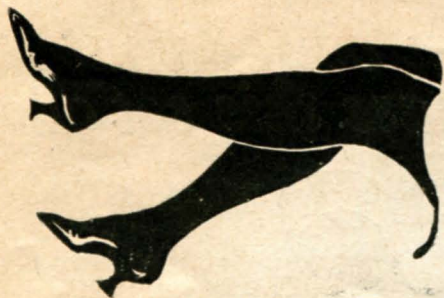
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Just mail the coupon today. A full supply of this treatment will be sent in **plain container**. Pay the postman only \$2.98 (plus the few cents postage) on arrival. There are no further charges. Try this simple, easy method for 5 days. Then, if you are not thoroughly satisfied, simply return the bands and what is left of the cream and your money will be refunded without question. You run no risk whatever. But act today. Mail the coupon now. **MODERN RESEARCH SOCIETY, Dept. A-39, 43 West 16th Street, New York City.**

**MODERN RESEARCH SOCIETY,**  
Dept. A-39, 43 West 16th Street,  
New York City.

Gentlemen:—

Please send me for FIVE DAYS' TRIAL a pair of "Vanitex" ANKLE-REDUCERS and a large jar of your VANITEX ANKLE-REDUCING CREAM. Upon arrival, I will pay the postman only \$2.98 plus postage, your special introductory price. But if at the end of five days I am not satisfied with results I am at liberty to return everything and you will refund my money at once.

Name.....

Local Address.....

City and State.....

(Continued from page 80)

"do you remember those golfing days at Van Cortlandt Park that were followed by 3000-word days at the study typewriter? It's like that here. Garden-making, the great labor of which will soon be over, builds the nerve and sinew for your producer's most competent providing. No, I am not mad, Dearie," I assured her. "Just you wait and see the doubloons and simoleons come rolling in." With which soft speech I returned to the creche, and next day squared matters still further by setting out a twenty by fifty ornamental flower bed.

In another quarter my actions were thought strange, smacking of King's Park or even of Matteawan. I remember a numerous porch party over which I failed to preside. Every one had been regaled with accounts of my queerness till two of the men visitors got restless and decided to hunt me up back garden.

There I was half buried in a celery trench, putting in the little plants two or three feet below the garden level—mud-begrimed, sweaty, and yet grinning. "Will you please pass the celery?" I jokingly said to one of the dandies, pointing to a seedling box above the other end of the trench.

This showman person no doubt thought me plumb crazy. Whatever his thoughts, he not only passed the box but deftly separating the seedlings without breaking the roots handed them to me one by one. In the upshot the other man borrowed overalls off a clothesline and obligingly got down to help me in the trench. Then two other male visitors sorted back to find light garden work, leaving an all-feminine rocking chair fleet to themselves on the front veranda.

"Well," remarked Mrs. MacMahon, "I'll say this isn't a winner as a porch party with the men all missing—I do believe Henry has lured them away to his awful vegetables. Look, there's a red-ripe cherry tree cross the lawn, waiting to be picked. Sha'n't we go and get some?"

At the chorus of approval the hostess ran upstairs to don a country dress and provide big aprons for the pickers. The five ladies, soon be-aproned, advanced on the cherry tree en masse, and aided by three men delegates whom I lent for the ladder-climbing and branch-raking, two bushels of cherries and a glorious time were had by all. I've since succeeded in convincing many city friends (most of whom like my style of "Muldooning") that if mad I'm "crazy like a fox"—as the celebrated Yiddish comedian puts it.

The time required to keep a fifty by one hundred garden, with side attention to other space of lawn, trees and bushes, averages eighteen hours weekly from early spring into mid-fall. This includes considerable full planting days in the early season, and fewer hours after the rows are well covered and the weeds

down. There are time-savers, of course, such as the vegetable seeder and wheel hoe that shorten stooping and labor, but these do not afford the grand all-around exercise of grandfather's garden that kept him flourishing past eighty and sent well-muscled, vigorous men and women to their city vocations.

The very worst of time-savers is the master professional gardener who deprives you of your physical birthright by his jobbing your place at four dollars to six dollars per diem. It is not that the hired gardener-by-the-day is overpaid, but you lose the creative urge so stimulating to exercise, become his helper or spectator, and end by doing nothing altogether. 'Tis far better (if needs must) to put half the arable space in trees and bushes and till but the other yourself. Or, the extra services of village boy or man at planting and hoeing season will surmount the difficulty.

The average-sized tilled garden that busy people can personally attend to is fifty feet long by thirty to fifty feet in width. This can be readily managed in ten to twelve hours weekly. Surely an hour and a half a day and six hours o' week-ends aren't too much for crops and culture!

For the villager, suburbanite or commuter of very limited time, however, the tiny twenty-five by thirty foot garden is quite sufficient. It will occupy but four to six busy and profitable outdoor hours weekly.

My midsummer horticulture is now being planned (July first) to extend right into the fall activities. These next hundred days, though oftenest neglected, are in some respects the most important, with September as possibly the best gardening month of all! It's the last month to plant succulent winter greens, to sow onions, spinach and the cabbages for wintering over, to cultivate the final outdoor crops and to take in the young plants (before frost nips 'em) into their cold-weather homes of earth, frame and glass sash. Even September mistakes may succeed better than July triumphs. I know a man who direly lamented the non-appearance of his late fall-planted cos and onions, to discover his lost romaine and green scallions gayly peeping up at him the following March, six weeks earlier than his neighbors' spring gardens.

The autumn newcomer can at least cover barren glebe with clover, rye or peas to vitalize the soil, put in perennials, fruit and grape cuttings, dwarf trees, and prepare a hotbed, cold frame and cold cellar to house seedlings and store winter edibles respectively. Such jobs are excellent bodily activity, call for planning and forethought, and bring into play long-lost mechanical faculties. The daily regimen doesn't stop, and the home kitchen patch keeps working for you twelve months in the year.

(Continued on page 84)



# New Discovery Explains Why Hair Turns Gray

**Science Shows How Any Man or Woman Can Now Quickly Restore Hair to Its Own Original Color**

**G**RAY hair is simply hair without color! Science has discovered that if a certain natural process in the root were not affected by worry or by advancing age, the hair would never become gray, but retain its natural color throughout life.

A remarkable new discovery now makes it possible for the original color of the hair to be restored quickly and easily through a simple, natural process. Hair acquires its color (blonde, black, brown, auburn, etc.) from the presence of coloring matter or pigment in tiny cells found at the root of the hair. This coloring matter is given off at the tip of the papilla, enters the root and is dissolved in tiny corpuscles in the middle layer of the hair. The process is known as pigmentation (see diagram).

## Read Here How Hair Loses Its Color

As long as the process of pigmentation continues, the hair remains black or brown, or whatever the original color happened to be. But as soon as this process is affected by advancing age, or by shock, worry or illness, the pigment supply lessens or fails—and no coloring is sent up into the hair.

The result is that the hair becomes streaked with gray. This gray does not indicate a change in color. It indicates an absence of color. The hair has simply blanched.

### Actual Letters From Users

"I received your Tru-Tone and think it is wonderful. My hair was almost all gray and now it is almost its natural color again. I wish to thank you—I shall certainly recommend Tru-Tone to my friends."

Mrs. O. D. Moddy,  
414 So. 5th Street,  
Columbia, Missouri.

"I find my hair has grown thicker with the use of Tru-Tone and while there are still a few gray hairs left, the color is a beautiful light brown—just as it was years ago. I am delighted."

Miss Lillian Schoellhorn,  
2903 Allen Avenue,  
St. Louis, Mo.

### How New Discovery Restores Natural Color

Tru-Tone, the marvelous new scientific discovery, quickly restores the true, original color to gray hair—to hair that has blanched. It is not an ordinary dye, or stain, or tint. It is pleasant and simple to use—none of the muss and trouble of ordinary color restorers.

It makes no difference whether your hair was black, brown, blonde or auburn—Tru-Tone works equally well, making your hair appear the same as it was before it had even a trace of gray in it. It makes no difference how gray your hair is—Tru-Tone will restore it, and no one need know you are banishing your gray hair if you don't want them to.

### Wonderful for Thin, Falling Hair

It was only after extensive research and experiment that Tru-Tone was discovered. It is just a clear, pure liquid—almost colorless. It contains tonic properties that stimulate the natural growth of the hair. Tru-Tone, therefore, not only restores natural color to your hair, but makes it thick, glossy and beautiful at the same time. You can use it with absolute confidence, knowing that it cannot possibly discolor the hair or harm it in any way.

If you will fill in the coupon and mail it to us at once, we will send you a full-size bottle of Tru-Tone in plain sealed package—no marking to indicate the contents. Don't send any money. And don't send a sample of your hair. Tru-Tone acts alike on all hair; it restores it to its own natural color.



**ONLY \$1.45**  
If You Act At Once

When the postman delivers Tru-Tone to your door, give him only \$1.45 (plus postage), in full payment. This is a special introductory price—Tru-Tone ordinarily sells for \$3.00. If after a fair test of Tru-Tone you are not delighted with results, if Tru-Tone does not restore your hair to its original color, simply return what is left of it and your money will be refunded at once.

Clip the coupon and mail it now, before you forget. Bear in mind that the test of Tru-Tone need cost nothing if you are not absolutely delighted. Act NOW! A postcard will do, if you prefer it.

Domino House, Dept. T-229, 269 South Ninth Street, Philadelphia, Pa.

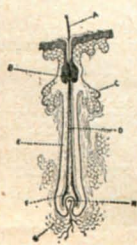
Domino House, Dept. T-229  
269 South 9th St., Philadelphia, Pa.

You may send me a \$3.00 bottle of your Tru-Tone. I will pay the postman only \$1.45 plus postage. Although I am benefiting by the special introductory cut price, I am purchasing the first bottle with the absolute guaranteed privilege of returning it after a fair trial and you agree to refund my money if I am not delighted with the results in every way. I am to be the sole judge.

Name.....  
Address.....  
City.....

If you wish you may send money with coupon.  
Price outside U. S. \$1.60, cash with order.

### Why Gray Hair Is Simply Hair Without Color



The hair shaft (A) springs from a tube-like depression in the scalp called a follicle (E). The bulb (F) rests on a tiny tip of tissue called the papilla (H). The color of the hair is due to a pigment given off at the tip of this papilla. When sickness, worry or shock interferes with this pigment supply the hair blanches. To restore it to its natural color the pigment supply must be restored through a natural process. In the diagram B is the root, C the oil gland, D the root sheath and G the fat cells. Study the diagram and you will see for yourself why gray hair is simply hair without color.



# "Save your feet"

## Relief for tired and aching feet guaranteed

Get a pair of Jung's "Wonder" Arch Braces today whether your feet are "in bad shape" or not. They relieve tired and aching feet instantly. Help weak ankles. Overcome pain in the heel, instep or ball of the foot, as well as in the calf and knee. Such troubles as these, and callouses on the ball of the foot, cramped toes and enlarged joints are due to fallen arches and weakened conditions of the feet. Ask your doctor. Men and women everywhere are wearing them because

### Jung's Arch Braces Assist Nature

They aid the interosseous muscles of the feet and help them to regain their former strength, instead of building a false, rigid support beneath the arch. They correct fallen arches and foot strain. Relieve tired and aching feet instantly. Prevent that "broken-down" feeling. Dance or walk for miles, stand for hours—you just don't get tired. They eliminate the extra strain due to the wearing of high-heeled and stylish shoes. Recommended by chiropractors, physicians, and over half a million satisfied users.

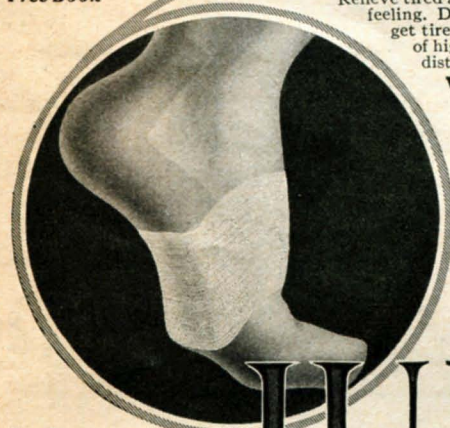
### Write for Free Book—It Tells How

Their extremely light weight insures perfect foot comfort. No ungainly humps. No burdensome pads. No metal plates. Made of specially prepared "superplastik." Exact size for every foot. Price \$1 per pair. Jung's "Miracle" Arch Braces (extra wide) \$1.50 per pair. Your money back if not entirely satisfied. (Canadian prices: "Wonders" \$1.50; "Miracles" \$2.25.)

If your shoe dealer, surgical dealer, druggist or chiroprapist can't supply you, order direct. Write for free booklet.

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Dealers—Write for details.

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Free Book



Look  
for this  
Trade-Mark.  
It protects  
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For nerves, blood and action. Restores 15 Vital Life Salts lacking in modern foods. Quick natural benefit or money back. 10 oz. \$1.00, 24 oz. \$2.00, delivered. READ WHAT USERS SAY:

- "Refreshing, eased my prostate gland."
- "High blood pressure disappeared."
- "Relieved us of constipation."
- "Put the O. K. on my food. Like it fine."
- "Doing me a lot of good in case of catarrh."

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D. C., and Ph. C. Address  
G. E. Riley, Sec'y, 1116 F St. N. W., Washington, D. C.

## Can You Double the Health of Your Community?

HOW many people die in your town each year? Have you ever figured out on that basis just what your chances of dying this year may be?

Would you be interested in the possibility of doubling the health of your community, and naturally among other things of increasing your own chances for sticking around in the community until the age of ninety or thereabouts? The truth is that there is such a thing as community health and that it may be cultivated and improved by practising a better standard of living—just as individual health may be improved and life lengthened by practising the physical culture life.

Framingham, Mass., has shown the world how to do it. Your own city or town can do the same thing. Read about it in **PHYSICAL CULTURE** for October or November, and learn.



## Reduce Your Waist in 10 Seconds

You can actually do it now with the "Wonder" health Belt. It will take only the time required for adjusting the belt a round your waist to accomplish this reduction and to bring this relief from the strain of excess weight, which your abdominal muscles are carrying. You will be agreeably surprised at the immediate relief from bodily fatigue and discomfort. You will know the satisfaction of again having a well poised figure. And, best of all, the fat begins, at once, to depart. Then good healthy muscular tissue replaces it. In a month or so, you can take from 4 to 6 inches off your waist.

### THE "WONDER" HEALTH BELT

will do these things. It is scientifically constructed from strong, light weight fabric. Easily adjusted and easily washed.

**FREE TRIAL OFFER.** Send your name, address, and present waist measure. If no tape is handy cut a piece of string to the proper size and mail it to us. We will send you a "Wonder" Health Belt by return mail. At the end of five days if you are thoroughly delighted with the belt, remit \$3.00 in full payment. If not, return the belt to us and you will not owe us a penny.

**Well Health Belt Company, Dept. 19**  
307 Hill St., New Haven, Connecticut

## Strong Hair

### How to Save Your Hair And Grow New

You can have a fine head of hair. I am close to sixty years of age and my hair is stronger than it ever was. A short time ago my hair started to get thin and fall out. I did not want to get bald, because a bald-headed man always reminds me of a house without a roof. So I started to exercise and massage the scalp. Very soon I noticed new hair growing and I tried my discovery on some of my pupils in my new gymnasium. Their hair also got new life and started to grow thick, strong and luxuriant, so I decided it was my duty to let the public know of my new discovery. My book "Strong Hair" will show you how to keep your hair and grow new hair. Every reader of this magazine should have a copy of "Strong Hair." The first edition will be sold at the special price of 25c in coin postpaid.

**PROF. ANTHONY BARKER, D. C.**

865 Sixth Avenue, Dept. 642, New York City





## Editorials by Our Readers

This department is maintained as an open forum for the discussion by our readers of subjects in line with PHYSICAL CULTURE'S editorial policy, including opinions concerning any statements made by contributors to our pages with which our readers may take issue, or upon which they may throw additional light, suggestions as to methods of increasing the interest and value of this magazine, or the presentation of any new thoughts upon health-building, eugenics, national physical fitness and other vital subjects. We cannot promise to publish all letters received, but all will be carefully and appreciatively read. Published letters will entitle the writers to a free subscription to PHYSICAL CULTURE if application is made therefor after publication.

—The Editor.

### Birth Control "Here to Stay"

#### TO THE EDITOR:

Permit me to say a few words on the subject of Birth Control, suggested by the article, "Dying America" in your July issue. It seems to me that Mr. Carter's article is one of the best arguments in favor of birth control I have ever read. He says over and over again that the "best people," in other words the more comfortable and educated people, are practicing birth control, and that the poor and ignorant are not. His conclusion is that in order to save the world, the comfortable and educated must, in this respect, follow the example of the poor and ignorant. They must produce offspring with all possible speed and frequency so as to outnumber the inferior ones who are now in danger of outnumbering them. They must, he says, but the question is, will they? And the answer is most decidedly that they will not.

Birth control is, by this time, a condition, not a theory. It is already established for good or ill among the thinking, educated people of the world. It is here to stay, because the people who practice it see in it one of the most important factors in making life worth living for themselves and their children. Many young people could not afford to marry at all if they did not know how to limit their families. Without this knowledge they cannot give to their children the individual attention, the careful and expensive training for physical and mental welfare, the many advantages that intelligent parents desire for them. It is perfectly useless to preach to these people that they ought to have a different viewpoint. They cannot afford to have a different viewpoint. And they will not give up what is so obviously and demonstrably best for them and their families. If they did, they too would soon deteriorate, standards would drop and health decrease. The only remedy for the ills of birth control, if there are such, is obviously more birth control. Extend this opportunity to the poor and helpless, the ignorant and oppressed, and see how enthusiastically they will embrace it. Any doctor, any trained nurse, any social worker, any one at all who has had occasion to study this matter at first hand in crowded districts, can testify that the majority of poor women, of workingmen's wives, are only too anxious to know how they can save themselves and their families from the curse of almost continuous pregnancy, which is the lot of so many of them.

The practice of birth control almost automatically raises the standard of living. There is nothing so contagious as an improved standard of living. Most of us are somewhat sheeplike. We want to be like our neighbors, do what our neighbors do. If among the inferior, of whom Mr. Carter speaks so bitterly, it should become fashionable to have small families, the custom would spread as it has elsewhere, and with fewer children they would gradually grow more like the superior beings he so much admires.

## Head-off constipation by daily use of KELLOGG'S BRAN

cooked and krumbled



Medical authorities generally agree that sickness and old age start in the intestinal tract through CONSTIPATION—a condition that can be permanently relieved through the regular use of BRAN—Kellogg's Bran, cooked and krumbled!

Kellogg's Bran is nature's own food, roughage that the eliminative tract must have to function properly! Bran sweeps, cleans and purifies without irritation or discomfort! So wonderful is its work for health that you can take any person who is run down, whose system is clogged and poisoned by constipation, give them Kellogg's Bran three times a day and eliminate the trouble permanently!

Every member of your family should eat Bran regularly—at least two tablespoonfuls daily; in chronic cases, eat it with each meal. It does great work for children.

Kellogg's Bran, cooked and krumbled, is deliciously flavored. Eat it as an appetizing cereal or sprinkle it over your favorite cereal. Kellogg's Bran makes the tastiest gems, raisin bread, pancakes—and endless other good things—and it is working for health all the time! Buy Kellogg's Bran at all grocers!

#### Kellogg's BRAN MACAROONS

1 cup flour  
1 cup Kellogg's Bran  
1 tablespoon butter or  
butter substitute  
1 tablespoon sugar  
¾ cup milk  
2 teaspoons baking  
powder  
1 egg  
Pinch salt

Cream butter and sugar. Add milk, and egg well beaten; then the dry ingredients. Stir well together. Drop from a spoon on a buttered tin. Bake in oven about 10 minutes.

This will make 3 dozen.

# Kellogg's

Look for this signature  
W.K. Kellogg

## the original BRAN - cooked and krumbled

## ARE YOU THIN AND WEAK?

Then send for Bernarr Macfadden's treatise on the subject of weight building entitled

### "HOW TO GAIN WEIGHT"

which is based on common sense plus a profound knowledge of the human body. The great physical culturist tells you exactly why you are thin and then shows you the remedy. His carefully outlined instructions are devised to fit every varying circumstance and condition of the individual. In this little book is the exact information you need. You can gain weight. Take advantage of our special offer. The price of "GAINING WEIGHT" is 50 cents.

### SPECIAL OFFER:

But we are giving this splendid booklet FREE with a year's subscription to PHYSICAL CULTURE at \$3.00

## We "KANNED" the "T" in "CANT"

We convinced 7,000 men and women that IT COULD BE DONE. We told them where to go, what to say and what to do. We lifted them out of the "WISHING FOR MONEY" class and made them happy, prosperous and contented. We gave them an opportunity to get the money and THEY GOT IT. WE WILL DO AS MUCH FOR YOU.

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without spending a dime or interfering with your present duties. 95% of our best money makers had no previous experience. We need live people to look after the orders that are waiting for the GOODYEAR GUARANTEED RAINCOAT representative to call and get them. Pocket size, handsome STYLE BOOK, with samples and prices—all you need to start. Nationally known, GOODYEAR COATS, priced so low that orders come easy and make big money for you. Everyone wants to save money. You show them how. Call on friends and neighbors for first orders. WRITE TODAY FOR

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## Tonic of the Pines Bottled for You in—

### Bing's Pine Needle Baths

Is a new process Liquid Pine Needle Extract embodying the magic curative qualities with which nature has endowed the Pine. Used in the bath it exhales the wonderful aromatic odor of pine tree forests, relaxes, soothes and acts as a strengthening nerve tonic.

Just as a sojourn among the pines helps to restore the ailing to health, so do the **Liquid Pine Needle Baths** benefit both sick and well. **Tired people, nervous people, fatigued mental workers**—all who suffer from stress and strain, are wonderfully refreshed and strengthened. Even the robust should indulge in the luxury of

### Bing's Pine Needle Baths

Used now by almost every sanitarium and hospital in this country and abroad. Use in hot, warm or cold baths, the one you most enjoy. After you have experienced the feeling of ease and well-being—the relaxing of nerve strain—the general rest of a Pine Needle Bath, you will retain it as an indispensable toilet article. Any physician will testify to the value of Pine Needle Baths and their great aid to those seeking health and greater efficiency.

### Bing's Pine Needle Baths

is the only liquid result producing Pine Needle preparation which neither soils the tub nor the body. Beware of worthless dry preparations or tablets.

Size No. 1, 10 baths, \$1.00. Size No. 2, 75 baths, \$5.00. Size No. 3, Hospital and Sanitarium package, 160 baths, \$11.50. Sent postpaid to any address in U. S. or Foreign Country. Personal checks accepted.

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### Be a Jazz Music Master

No matter how little you know about music—even though you "have never touched a piano"—if you can just remember a tune, you can learn to play by ear.

The Niagara School of Music has perfected a method of instruction which will enable you to play all the popular song-hits perfectly by ear. All you need to know is how to hum a tune. Our method—only 20 lessons taken at home—which you can master in less than three months' time, will enable you to transform the tunes you hum into actual Jazz music on the piano. All by ear.

### A Simple Secret To Success

No need to devote years in study, to learn piano nowadays. Neither is special talent necessary. Every lesson is easy, so interesting and fascinating that you can't keep your hands off the piano. Just devote a part of your spare time to it for 90 days and you will be playing and entertaining your friends almost before you realize how this wonderful accomplishment has been acquired.

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NIAGARA SCHOOL OF MUSIC,  
Dept. 463 Niagara Falls, N. Y.

Without obligation to me, send your booklet, "The Niagara Method."

Name..... Age.....

City..... State.....

Ever take piano lessons?.....How many?...

"It is always a little stupid to make faces at the future," says Anatole France, and with all due respect to Mr. Carter, I believe he is making faces at the present, which is infinitely worse.

There is one other aspect of Mr. Carter's article which I believe invalidates his contentions. Why does Mr. Carter speak throughout of Americans of the old stock as if they were the only authentic human beings and all other nations and races a sort of lower animal? Such an attitude is neither scientific nor intelligent. Many of the "superior" beings who send their sons to Harvard (evidently the criterion of superiority)—the physicians, ministers, lawyers, judges, artists, teachers, writers, bank presidents and publicists, the useful and desirable citizens whom Mr. Carter has in mind—are not of the sacred old stock at all but of more or less recent foreign descent.

One who views human affairs from a large evolutionary standpoint must challenge the assumption that the hope of the world depends on the survival of any one race or group. This assumption of superiority is one that every race makes for itself and is one of the greatest obstacles to international understanding and friendliness and one of the most fruitful causes as well as one of the by-products of war.

I believe that education and leisure are great civilizing agencies and that the voluntary limitation of families is a necessary condition to getting them. The only practical way to approach equalization of various elements of the population is not to try to take from the wise and the well-to-do what they already have and will in any event refuse to give up, but to extend the blessings of birth control to all. It is only by regarding it as a permanent but incompletely developed phase of modern life, not a narrowly national or racial question but one of the greatest human problems entwined with every other problem of importance, that we can hope to deal with it in a realistic and efficient manner.

CLARA G. STILLMAN.

Mountainville, N. Y.

### Some Unsuccessful "Cures"

TO THE EDITOR:

The readers of your magazine ought to be grateful for your instruction in the cure of disease by natural methods.

A hospital in which I was employed several years ago had many cures to its credit through hydrotherapy and fasting. Many people suffering from that dread disease syphilis were in this hospital, and after the course of treatment they would appear to be perfectly well, even the Wassermann test proving negative.

I note that the same results have been obtained by fasting followed by the milk diet, which is indeed wonderful.

But from my years of experience, and conversations with authorities on the treatment of syphilis, I can come to no other belief than this, that no one should ever pronounce a syphilis case cured. To bear this out I will give briefly a few examples (I could give hundreds).

1. H—had syphilis, took treatment from a reliable M. D. The blood test proved negative. He was pronounced cured. Then he married a healthy woman. Their only child, the picture of health, intelligent and apparently normal in every way, suddenly went hopelessly insane. An examination proved that she had inherited syphilis from her father.

2. B—had his case of syphilis treated in the very first stage, by the best doctors, was pronounced cured, but unsatisfied took two additional courses in hydrotherapy before marrying the lovely girl he was engaged to. Five years later he died leaving an infected widow and little son.

3. T—also took treatment for syphilis, was declared absolutely cured. So he married a

(Continued on page 88)



## What President Erskine says:

"I consider a good working knowledge of accounting essential to efficient executive administration."

A. R. ERSKINE,

President Studebaker Corporation of America.

Mr. Erskine finds hearty support for his opinion among many of the best-known commercial leaders of the country, a large percentage of whom were able to rise to their present positions largely because of their accounting training.

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Send for our 80-page illustrated booklet which shows what Accounting, Financial, and Management training can do for you. Mail the coupon below TO-DAY as your first step to a worth-while executive position. There is no obligation.

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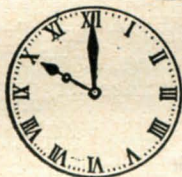
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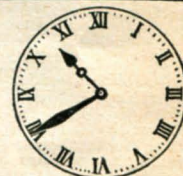
A clay of such amazing powers no less than a dozen imitations have sprung into being; applied in a moment, starts its work in ten minutes, and—



"Father was amazed at the great change"



—In forty minutes, wiped away, the clay has forced the clarity and color of youth to any human skin on which it is applied. A new triumph of dermatology.



# Astounding Beauty Clay Makes a New Skin in 40 Minutes!

Here Is the Greatest News About Complexion Ever Brought to America. Even the Dullest Skin Yields to the Simple But Wonderful Method Used Abroad.

By MARTHA RYERSON

I AM going to tell you how a pleasure trip to Sunny Wales resulted in learning a *real* beauty secret. It is a secret of Mother Earth's; a natural, normal and gloriously swift way to end forever an unlovely complexion. I went to Wales with the worst skin a girl could have; one afternoon I left it in the hills! I exchanged it for one of soft texture and full of color. And this is how:

Except that I can now let you prove it for yourself, I would never tell the story—a story my own father found it hard to believe!

Hardest of all to believe is this; the transformation took just forty minutes! Here are the facts:

About the first thing one notices in this southern English province is the uniformly beautiful complexions. The lowliest maid—and her mother, too—has a radiantly beautiful skin. Mine, lacking lustre and color, with impurities nothing seemed to eradicate or even hide, was horribly conspicuous.

It was a happy thought that took a 'most unhappy girl on a long walk through the hills one afternoon. I had stopped at the apothecary's to replenish my cosmetic—to find it was unknown. They did not have even a cold cream. The irony of it! In a land where beauty of face was in evidence at every turn—the women used no beautifiers! Do you wonder "I took to the hills?" I didn't want to see another peaches-and-creamy complexion that day. But I *did*.

At a house where I paused for a drink from the spring, I stepped back in surprise when the young woman straightened up to greet me. Her face was covered with *mud*. I recognized the peculiar gray clay of that section; very fine, sleek, smooth clay it was. Seeing my surprise, the girl smiled and said, "Madam does not clay?" I admitted I did *not*!

## I Decide to "Clay"

In a moment, she wet the clay which had dried on her face and neck, wiped it away, and stood in all the glory of a *perfect* complexion. I think I shall never again envy another as I did that stolid maiden of the hills. Her features were not pretty; they did not need to be. For no woman ever will have a more gorgeous skin. She explained that this amazing clay treatment did it. The natives made a weekly habit of "claying" the skin, quite as one cares regularly for the hair.

I was easily persuaded to try it. Had I not done ridiculous things in beauty parlors where many could see my plight? We tucked a towel over my blouse, and from the spring's bed she took the soft, soothing clay and applied it.

As we sat and talked, the clay dried. Soon I experi-

enced the most delightful tingling in every facial pore; the impurities were being literally *pulled out*. Half an hour more, and we removed the clay mask. Hopeful, but still skeptical, I followed into the tiny house to glimpse myself in a mirror.

*My blemishes were gone!*

I fairly glowed with color that spread down the neck to the shoulders. My cheeks were so downy soft, I felt them a hundred times on the way home. Father's surprised look when we met in the garden of the little inn later that afternoon was the most genuine compliment a woman ever received. In a basket I had two crocks of the precious clay. I thought father's questions would never end; where did I find it; could I take him to the spot; what was its action, and reaction, and lots else I didn't know. Father is a chemist. Suddenly it dawned on me. He wanted to unearth the secret of that clay's amazing properties, and take it to America! For two weeks we stayed on, he worked all day at his "mudpies," as I called them. Back home at last in Chicago, he worked many weeks more. He experimented on me, and on all my girl friends. At last, using the natural Welsh clay as a base, he produced a compound as miraculous in its effect—only ten times more smooth and pure than the clay used by the peasants abroad.

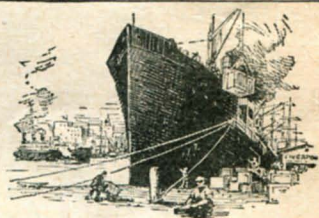
## Any One May Now Have This Wonderful Clay

News of the wonders performed by this clay had brought thousands of requests for it. Women everywhere (and men too, by the way) are now supplied Forty Minute Clay. The laboratory where it is compounded sends it direct to the user. A jar is five dollars, but I have yet to hear of any one who did not regard it as worth several times that amount. For mind, in over six hundred test cases, it did not once fail. It seems to work on all ages, and regardless of how pimples, clogged or dull the skin may be.

The application is readily made by anybody, and the changes brought about in less than an hour will cause open-mouthed astonishment. I *know*.

When I see a woman now, with a coarse-textured skin that mars the whole effect of her otherwise dainty care of self, it is all I can do to refrain from speaking of this natural, perfectly simple way to bring a skin and color such as Nature meant us to have—and has given us the way to have. It is so healthful to use, it *cannot* grow hair (in fact, its action checks that undesirable downy growth) and it keeps pores their natural size because it is laid on and *not* rubbed in.

Keep your skin pores clean, open, tingling with life! *My father has made you a remarkable offer in the next column. Read carefully:*



## New Shipments from Abroad!

Free Distribution of \$5.00 Jars Extended

To the public: My first offer of full-sized jars without profit exhausted my small stock of imported clay. But we have just received more, imported direct from the British Isles.

Therefore, I resume for a time the offer of a full \$5 jar without any laboratory charge. You may have *one jar only* for the bare cost of getting it in your hands! The expense of compounding, refining, analyzing, sterilizing, packing and shipping in large quantity has been figured down to \$1.87 per jar, plus postage.

Even this small sum of \$1.87 is not really a payment—regard it as a *deposit*, which we will return at once if you are not satisfied this miracle clay is all it is claimed to be.

Send no money, please, but pay when postman delivers. Just \$1.87 plus postage. Or, if handier to receive jar prepaid, enclose \$2; same guarantee holds good.

*Wm. Ryerson*  
Head Chemist

THE CENTURY CHEMISTS  
Century Bld., Chicago, Dept. 51

I accept your "No Profit" offer. Please send me a full sized, regular \$5.00 jar of Forty Minute Beauty Clay at the net laboratory cost price of \$1.87, plus postage, which I will pay postman on delivery. My money back unless only one application proves completely satisfactory.

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**Federal School of  
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(Continued from page 86)

splendid young woman. When their two daughters were about six and eight years of age, she lost her reason owing to syphilis contracted from her husband. He was apparently in the best of health.

A doctor of my acquaintance became infected with syphilis through an abrasion on his hand while caring for a venereal patient. Immediately he took treatment, broke his engagement with the girl he was to marry, although the Wassermann test proved negative.

He said "The Wassermann test only proves that the disease has been retarded in its course, for once this dread disease is in one's system it can never be removed, and for anyone to marry, even if the disease was acquired innocently, would be an insult to the laws of both God and man. Nor have I as a physician the right to take clean cases. Henceforth my work will be always on venereal diseases."

GOLDA GARRETT.

Station Hospital  
Camp Lewis, Wash.

### A. R. A. Hopes to Eradicate Epidemics by Inoculation

#### TO THE EDITOR:

The United States Government is doing a wonderful work in Russia in the way of saving the lives of a million or more starving people.

But the Relief Administration has undertaken to send Russia something more than food. They propose to teach the people how to live clean lives, how to rid themselves of the fly, the mosquito and the louse. Their program calls for the repairing of sewage systems, improving housing conditions, etc., all in an effort to stop epidemics and preserve the lives of the people. So far so good, but the campaign does not stop there. A recent dispatch informs us that

"A program calling for the inoculation of ten million people against five communicable diseases has now been begun by the medical department of the American Relief Administration in Russia.

"Typhoid, para-typhoid (A and B), small-pox and cholera, which has now begun to appear in several regions, are the epidemics which the A. R. A. hopes to eradicate in this way. The vaccines are now arriving and are being distributed to the various districts, and the assistance of the central government and the local health authorities has been enlisted in order to secure the co-operation of the people themselves."

Poor Russia; on top of all her other troubles, political, economic and social, now she must submit ten million of her people to five inoculations of the M. D.'s of America. Why cannot the U. S. profit by the results of these inoculations on our soldier boys? The total deaths from actual warfare were comparatively small, but our army hospitals have been filled with consumptives and a host of our boys have died as a result of these same inoculations. But our medical doctors are in the saddle and they intend to ride their hobby to the bitter end, no matter what the results may be. We may never know the full story, but these inoculations will not stop the plagues. Conditions may be improved through proper sanitation and the danger of infection decreased accordingly, but the real credit will go to the M. D.'s and their inoculations. Poor Russia! We feel sorry for you. Your cup of suffering is not yet full.

J. ROSWELL FLOWER.

Springfield, Mo.

### Health the Road to Full Enjoyment of Life

#### TO THE EDITOR:

Restlessness is the curse of the age. Everywhere we see hordes of men and women racing about in a mad endeavor to find amusements to take their minds away from themselves. We all need recreation of the right kind, but

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Positively and *unfailingly*  
insures you against consti-  
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body, furnishing it with the  
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bread, nut brown in color,  
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bread, send us his name and  
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from growing again. Easy, painless, harmless. No scars. Book-  
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D. J. Mahler, 439X, Mahler Park, Providence, R. I.



when we get into that unhappy state of mind when we are uncompanionable to ourselves, something is decidedly wrong. Let us take account of stock, and find out where the trouble is.

We Americans live on the high pressure principle of always keeping the physical and emotional sides of our nature pushed to the limit. When we get that dissatisfied and discontented feeling without knowing the special cause for it, we may be sure that we are suffering from brain fog. This is a state that is easy to get into, but hard to work away from, for the reason that we try to delude ourselves as to our physical condition, and it is easier to keep on going until we reach the breaking point, than to make new rules for our future welfare, and stick to them.

Most of us stand in our own light. How few of us scrutinize our daily life and ask ourselves what its value is to us. Self-analysis would give us a great deal of important information, and would show us the particular features of our life that are most needful to health, happiness and success, and those that may well be gotten along without. It is a wise person who studies his own weaknesses, and profits thereby. The assets of a strong body and a keen mind are possessions that we should strive for. One is dependent on the other, and without the poise that goes hand in hand with physical health, happiness is beyond our reach, and we become restless and dissatisfied.

When we consider how people are more and more getting away from natural ways of living, is it to be wondered at that they crave artificial pleasures, so that they won't have a chance to commune with their souls? There is that inner dissatisfaction which makes them uncompanionable to themselves.

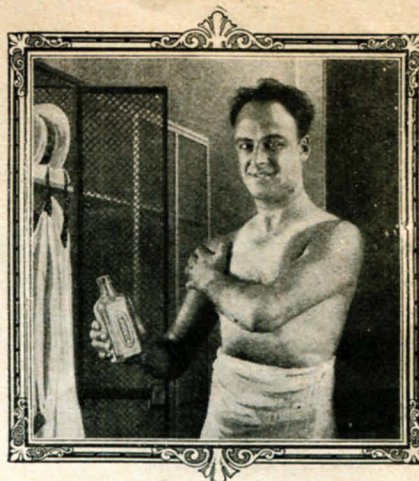
Happiness is the art of knowing how to make the most of that rarest gift, Life. We can make it a masterpiece, if we learn to cultivate tastes that will build character, and teach us to think right. We must also develop our will, for a forceful will gives us self-mastery. We must select the most important activities of life, and concentrate our thoughts and energies on doing these things to the best of our ability. The most important thing to strive for is good health, for without it our progress will be slow and difficult. Success in life depends upon the state of our health more than upon any other condition, for the body is the servant of the soul, so let us make it a good servant by all means. If we do not feel satisfied with ourselves, let us start right in at the foundation and build anew. As we grow physically, we grow mentally. We need good food for our mind as well as our body, so that the two will work together harmoniously. Let us learn to be optimistic, and forget the clouds of yesterday in looking forward to the sunshine of to-morrow. Let us put aside thoughts of envy, fear, worry and discouragement.

Fear is a mental deficiency, while courage is a quality born of the soul. It takes a bit of courage to forego the things which we desire, but which are beyond our means. Every time we make a wise decision, we are strengthening our character and will power, and this is very necessary to our future welfare. On every hand we hear the cry, "Things are not what they used to be." Instead of bemoaning the fact, let us all try to make things as we wish them to be, and let us not allow the false standards of others to drag us down, but endeavor to set a good example for others to follow. Instead of sowing seeds of discontent, let us sow so that when we reap we will not be disappointed in the harvest. There is a wise saying, "A contented mind is greater than riches." If we build in the right way, we will have a contented mind, and this is the true source of happiness. Material pleasures are but transitory, while a contented spirit and well-disciplined mind overcome all obstacles, and pave the way for the happiness that is ours because we have earned the right to it.

AGNES E. SHEPHERD.

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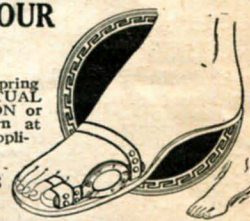


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## What's the Best Vacation?

(Continued from page 42)

ing and other necessities. They always slept in the open, under trees, in thickets, in hay mows, with fresh pure air blowing over them. When it rained, if shelter could not be had, they walked on until they were dry or slept in their wet clothes. This didn't harm them. They were never ill while on the road.

They ate fruit from orchards, nuts and berries from the woods, and the simple fare of the farmers—milk, home-made bread, a kid from the flock. This tasted all the better for being honestly earned by doing chores, or helping with the harvesting.

Such a life re-made the three. Today George is a prosperous merchant in Dallas. If he lives a few years more he will die rich. Jim owns enough Hereford steers to keep the wolf from the door and enable him to support a car. Bill? Well you will laugh

when I tell you that Bill is a road builder. He is, and a good one too, because he knows by experience what a road should be.

By a firm resolve, which is never broken, these three meet once a year and go on a hike somewhere. And they live in the open, whatever the weather may be, for at least thirty days. They have very nearly covered America in this way and no doubt know more about your section than you do yourself.

Old Teacher, Stern Necessity, compelled these men to make use of a great health building method. Once learned, they have not forgotten it. It is yours too, if you so desire.

Have you a head for figures or an analytical mind? If so, study the advertisements, and prospectuses of the various health camps, back-to-nature resorts and Man-Rebuilding Institutions.

Cutting out the frills, removing the camouflage down to the ultimate equation, what have you? Pure water, fresh air, wholesome food, and exercise. For the glorious privilege of walking along a country road, climbing a hill, swimming in a pond, riding a horse and ending the day with a simple meal of wholesome food—from Mulvaney's Retreat to Battle Creek, it is the same. And for these

privileges enumerated above you pay good round prices. Twenty dollars a day is an average.

Don't misunderstand me! I am not decrying these institutions. They have their place. I am merely pointing out that the open road supplies the same in greater abundance for thirty-eight cents a day up, and need never exceed one dollar.

In the language of the old copy book, "What man has done, man can do."

Many of us

have planned vacations consisting of trips to the seashore or the mountains. The time will be spent in crowded hotel or Summer Boarders' rooms, many of them hot, stuffy and uncomfortable. In addition, we will pay out all the hard earned money we have managed to rescue from the clutches of old H. C. L. For the average man with the average income, flabby muscles and that tired feeling, I offer a remedy. Ladies and Gentlemen, behold the open road! Before your door lies, stretching out before you, leading to wonderful adventures the Car Lizard never knows. He hasn't the time. On the open road there is health for your asking, if you will walk after it.

With a light pack upon your shoulders, easily obtained from any sporting goods dealer, or the regulation knapsack of the mountain guide, you are ready to start after it. Express or parcel post a suit-

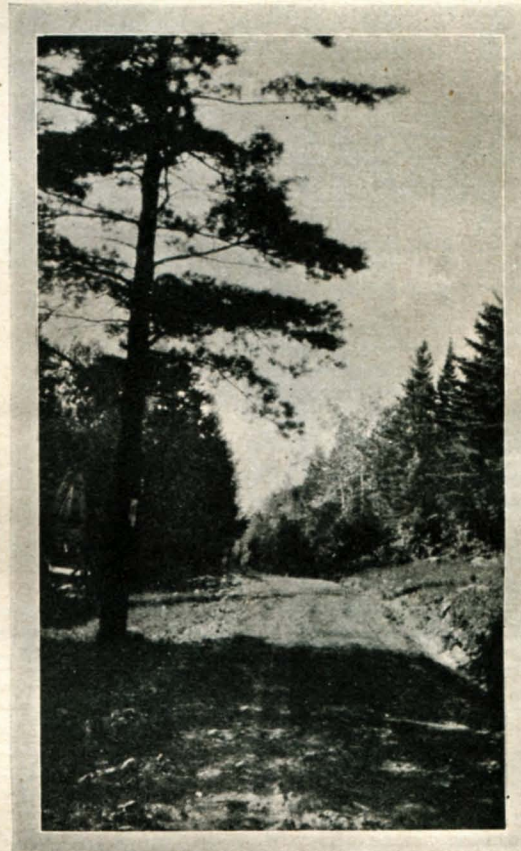


Photo by Emmy Matt Rush

His Majesty, The Pine. Just enough sunshine and just enough shadow to make the road interesting.



case with a change of underclothing, etc., to your next objective, which should be about thirty miles away. With reasonable speed you can easily do the thirty miles in four days.

Try it alone if you must, but preferably in small hiking parties. This will make the road easier and merrier. Such a trip can be done on an average expense of fifty cents a day, no less, and if you choose, more. But the less money you spend, the more real fun you will have. The law of compensation sees to that.

Don't try a hiking trip in any sort of shoes but the common sense kind: broad lasts, low rubber heels, and thick soles. Wear light wool hose, and carry a change in your pack. When you stop for the day, at once remove your shoes and socks, and wash your feet. Do the hose at the same time, putting on the fresh pair, leaving the others to dry. In this way you will have a fresh pair of hose each day and no foot trouble unless you attempt too much the first few days.

Another thing, do not soak the feet when you bathe them. That softens and weakens the skin. If near a brook or creek, paddle them for a few minutes, then wipe them thoroughly dry. If not so situated, merely wipe them well with a wet bath rag, and dry. Your feet are your means of getting over the road with comfort and despatch. Do not neglect them. They will repay your care a thousand fold.

Do not try to go all the way the first day. Five or ten miles at the greatest, no more. Gradually increase this a mile or two a day, and at the last you will be doing a twenty mile stunt without batting an eye. Let me repeat, for so many beginners make this mistake, do not hurry. If you feel like loafing after doing five miles, loaf. You are on a vacation, not a marathon, so give yourself all the time in the world.

Sleep in the open air, and on the ground. Not in a house. In your pack should be one of the new inflatable air beds or light

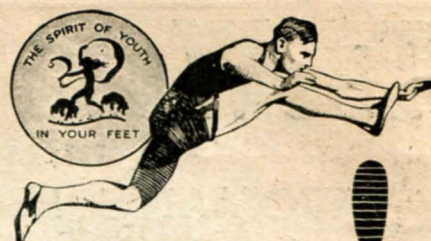
waterproof bed rolls. These are easy to carry, warm and comfortable. They are listed by sporting goods dealers.

Money in large amounts should not be carried. Five dollars in change is enough, the rest in travelers' checks easily cashed at banks or hotels, without identification. Jewelry, for obvious reasons, should be left at home. Around the neck or on the wrist should be a metal tag with your name and address, in case of accident.

If you can earn your way by working a day or two occasionally, for some farmer along the road, do it. You will get his viewpoint and you won't overwork. Such an experience is rich in possibilities no matter what your occupation is.

I know of a band of southern girls who during the great war organized themselves into a club of itinerant cotton pickers, tramping from farm to farm during the cotton season. Their average earnings for the three full months were one hundred and eighty dollars each above expenses, and better health than they have ever known.

Make a game of your tramp on the open road, bear with the sore muscles and discomforts of the first few days. You will never regret it. Earnestly followed for one vacation, you will be an itinerant vacationist for life. You will learn, as never before, to know and love nature. So few of us really see the great out-doors except in the travelogues at the movies. In time the open road will enable you to really become acquainted with this wonderful country of ours. It is teeming with romance in its quiet country places, and has the most wonderful scenery in the world. It is undiscovered country to the average American. In Europe we rove over mountains and valleys and streams that we walk to see—and therefore really see. Here at home we motor past better views in a hurry to make the next roadhouse or nearest city. Or we rush through our marvelous country on express trains, never dreaming of



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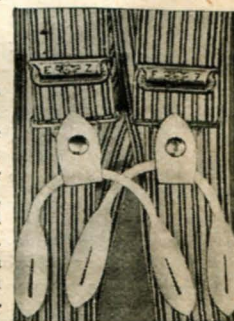
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Photo by Emmy Matt Rush

The love of trees is akin to the love of flowers, except that their qualities of grandeur and dignity sometimes awaken even a more profound reaction. They give the open road a quality of true inspiration.



# The Wonderful Thing

## IN LIFE IS

### WOMAN'S SECRET CHARM



#### What Is It? How Can It Be Acquired?

##### Are You Lonely?

Many a woman today, who craves companionship and love, suffers in silence without knowing why she is neglected. The *secret* of woman's charm is that natural physical perfection which lends enchantment wherever she goes—the thing that makes her WOMAN in the first place—irresistibly draws man to her. That charm is her "physical beauty."

##### Bust Pads Will Not Do

No man loves a dummy. There is no appeal in false, physical make-up. Man cannot be deceived. You must be a REAL woman, and because you are, you will want to be as perfectly developed as nature meant you to be.

##### You Have a Friend

Science comes to your rescue, in the perfection of a wonderful invention which will expand and enlarge the bust of any woman in a surprisingly short time, no matter what the cause of under-development. No creams, no medicines, no electrical contrivances, no hand massage, no fake free treatments to deceive you—but a simple, effective, harmless home developer which you use a few minutes night and morning. That is all there is to do. Nature, thru the physical excitation and stimulation of this wonderful invention, builds up flabby, lifeless tissues into the rounded contour of perfect beauty which every woman secretly craves.

##### You Can Now Be Happy

and sought after and admired and loved, if you will let us tell you about this remarkable developer, which is the only real method known for permanently enlarging a woman's bust to its natural size and beauty.

##### Its Results Are Wonderful

Dr. C. S. Carr, former physician of national reputation, says of this physical culture invention:

*"Indeed, it will bring about a development of the busts quite astonishing."*

Actress "The Follies Company" writes:

*"This invention has done wonders for me, having developed an attractive bust of FOUR INCHES in the short time of THREE WEEKS—was never larger than a child's. I cannot express how delighted I am in this changed appearance. I take pleasure in recommending it to my friends of the profession."*

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without the cost of one penny, just how you may acquire this irresistible charm of womanhood that comes instinctively with a wonderfully developed figure. Send your name and address today and prepare for the happiest moments of your life.

##### Mail The Coupon Today

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Please tell me all about your wonderful invention for women, without cost or obligation to me. (This information under sealed postage, if you enclose 4c stamps.)

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the commanding beauty that surrounds us.

What I have attempted to tell you isn't new. Old Ben Franklin refers to it in his fictitious dialogue with the gout. Even Nebuchadnezzar, the ancient king of Babylon, possessed the secret of the open road. It is related in the Bible when the physicians despaired of curing him, he went out in the open and consorted with the beasts of the fields, until he became well again.

Try a walking excursion; just one. Plan it wisely, stick to it determinedly. You will return to your work with renewed strength, not tired out and half wishing you hadn't gone away, like the average vacationist. You will have learned to amuse yourself, which is almost a lost art in these days of prepared and pre-digested entertainment.

You will have hardened leg muscles, expanded lungs, and a healthy appetite for plain food. You will have forgotten ice cream sodas and nut sundaes. You will be able to sleep at night, no matter where you are and under what conditions.

When you nestle down in the home bed between the cool sheets, you will think of the days on the road, and the nights under the stars. You will remember the birds and squirrels, all the little wood people that you saw, and the strangers you jogged along with for a mile or so. You will visualize the dew that sparkled on the grass, and the glimpses of purple hills across fruitful valleys you saw along your way. You will hear again the strange wood noises, the hoots of the owl, the call of the whip-poor-will, or the summer rain pattering softly on the leaves. And as you turn over to sleep you will say, "Gee, just wait until next vacation. I am going to do a six hundred mile stunt then!"

#### Like Getting out of Jail

BREATHES there a man with soul so dead, a man with such a stuffy head that he's content to stay half dead—confined indoors? Being human and normal and healthy you know the appeal of the glorious outdoors. For those who must work in business or professional life any opportunity to get outdoors is much like getting out of jail. Have you, however, a definite program that gives you this larger, soul-expanding opportunity for life? Have you proportioned the amount of time you should spend in the open? Walking is great; gardening is ideal; cycling and motoring are entrancing; but have you ever tried mountain climbing? Read the story next month, "How'd You Like Some Thrills," by Leroy Jeffers, and thereby get an appetite for the most glorious and exalting of all outdoor sports.



## Glint of Wings

(Continued from page 33)

And—" he hesitated with a sensitive quiver of the lips. "I'm scared to death now, but—"

Hamilton Dodd stared at him. "For the love of Mike—what for?"

"I'm afraid I'm going at this thing—too hard."

"You mean the girl?"

"Yes, but I can't help it. It's my destiny. 'For better, for worse' I'm going to do it. I want her—too much!"

His eyes were still fixed in the West. His lips moved slowly as he said with a sort of fierce reverence, seeming to call upon that golden and purple splendor to witness his vow: "I'm going to win her."

### CHAPTER V.

#### The Proposal Tree.

The clash of wills had come between Patricia and her father, and the girl had thrown down the gauntlet; she had demanded her liberty, and had been refused. Lydig had said to his daughter what any modern father would seem justified in saying: "No, my dear child, as long as I support you, as long as you owe everything to your mother and to me, I expect you to give reasonable consideration to our wishes and opinions touching your behavior."

He had said this kindly, but firmly, and Patsy had answered with a virtual defiance. If her parents persisted in thwarting her wishes and telling her what she might and might not do, she would take the law into her own hands and work out her own salvation.

But how was this to be accomplished? How could she carry out her threat? What about money? She could not get it from her father, and, even if she could, she had too much pride to ask for it. Yet without money she could do nothing. It would cost her two hundred dollars, for example, merely to get to New York, and, if she managed to get there, then what? How could she live?

Patricia was one of thousands of American girls who from babyhood have received "advantages" that often in the end prove to be disadvantages. For, in spite of their society experience, their smattering of art, French, music, biology, zoology, sociology, physics, civics and other cultured things that they have "had" in our select private schools (and promptly forgotten!) these charming young ladies have never learned to support themselves; they can do nothing well enough to be paid for it in the open market; often they can do nothing that would even lift them out of the ranks of unskilled labor. Nevertheless they demand their independence, plus a bank account.

Those girls ought to be the radiant flower of our national young womanhood, since everything that love and care can

## "My Beauty Guide Is My Weight"

If you would develop your natural beauty to its highest degree; if you would enjoy the best of health with all the vim, vigor, and vitality that should be yours, then "watch your weight," say the leading health authorities. Its importance cannot be overestimated. If you are gaining or losing weight—there is a definite reason—sometimes several reasons. Ask any physician or life insurance authority for his opinion regarding weight in relation to health. The answer may surprise you. Your health, your figure, your exercise and your diet are all important questions to you. And the correct answer to each is determined very largely by what you now weigh or by your weight variations. If you "watch your weight" you will watch your health. But you must "watch your weight" intelligently. You cannot afford to guess on such a vital subject. *You Must Know* every day. And the best way to know is to weigh yourself at home without clothes with a

### Health-O-Meter

#### "The Pilot of Health"

This attractive home scale is as essential in your home as fresh air and pure water. Every member of the family from the wee tots to the grown-ups can and should use the Health-O-Meter every day. First thing in the morning or last thing at night the Health-O-Meter should be asked for its answer to your weight question. Its instant accurate response will guide you or keep you on the path to perfect health.

### Are You Seeking Beauty Blindly?

Perhaps right now you are taking expensive health treatments, exercises or diets—doing everything known to science to improve your health, physical appearance and beauty. But without a Health-O-Meter to guide you by proper daily weighing, you are working in the dark. Don't guess! Know! The Health-O-Meter will serve you instantly, accurately, and economically. Simply step on and read the easy-to-see-dial. Weighs up to 250 pounds. Thousands in successful use. A beautiful addition to any bathroom—neat, compact and inviting.

### Get This Offer

You can see, try, and examine the Health-O-Meter in your own home at our expense. The coupon at the right brings full details of our Special 10-Day Trial Offer. Fill it out and mail it today—right now.

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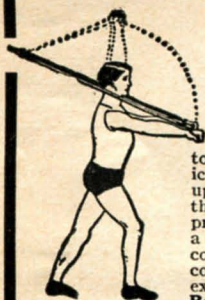
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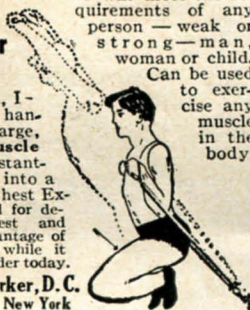
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to any reader of the Physical Culture Magazine upon receipt of \$2.00—less than one-half the regular price. I will also include a complete body-building course of instructions containing 24 selected exercises. The Muscle Builder will meet the requirements of any person—weak or strong—man, woman or child. Can be used to exercise any muscle in the body.

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The Pathfinder, 435 Langdon Sta., Washington, D. C.

suggest has been done for them, but, alas! they are restless and dissatisfied, openly or secretly rebellious—most of them.

So it was with Patricia who now for the first time in her life found herself in a position where she must either "make good" through her own efforts or acknowledge that much of her confident talk had been mere bravado. What was she going to do?

All through the day following the family disagreement, Patsy labored over this problem with a maddening sense of her own helplessness in the face of material necessities. There must be some way for her to justify her existence, to show her father that she was not a mere talker; but what?

Late in the afternoon, baffled but determined, the girl took to the mountain trail—for inspiration. The way lured her on with treacherous mauve shadows that promised unspeakable wonders just beyond, but changed at her approach, leaving bare, scarred sage-covered hills. Money? Where was she to get the money that would open for her the doors of freedom?

Suddenly, she became aware of voices and discovered two girls, blonde and made-up like savages, who were pinning white slips of paper to a low wide-spreading tree close to the trail some feet below. She drew near and stared curiously. All the branches were ticketed with little notes, like a Christmas tree alight with candles! Ah, of course! This must be the Proposal Tree that the amazing Stanley Matthews had referred to. What a preposterously sentimental idea! Could he actually have hoped that she would pin an answer here?

Leaping down the steep bank she precipitated herself before the two fantastic strangers who greeted her genially, unconscious of their blue and yellow grease paint.

"Hello!" exclaimed one. "Come after a proposal?"

"Proposal?" Patsy hazarded, pretending ignorance. Could they be members of the movie company that was headed by her unknown suitor?

The other shrilled in glee. "She isn't on! The guide must have neglected his dooty. Why, this, ladies and gents," she gave a creditable imitation, "is the Proposal Tree. Just pin your bid for a husband on one of these branches, and he'll be handed over."

"We're fishing for our star, Stan Matthews," giggled the first one, "But there's no landing him."

Patricia pricked up her ears.

"Making pictures here?"

"Yep, just up the trail. Rest of the company will be along soon—Stan with em. We'd better beat it."

Which they presently did, leaving the newcomer to her sombre thoughts.

The sun went down. The sky crimsoned. The air grew sharp and penetrating, warning that darkness would fall



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Will show reduction taking place in 11 days or money refunded.

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swiftly. Patricia reviewed that angry scene with her father and now an idea struck her only to be dismissed; but it came back temptingly. Why not? Her parents took it for granted that she was a foolish little thing—why not *be* foolish? Why not answer Stanley Matthews' letter and have the satisfaction of knowing that her father, by his unreasonableness, had driven her into doing this, the very thing that she had decided not to do? Now she *would* answer the letter!

She drew nearer the Proposal Tree, her heart beating absurdly, and, following an impulse that had now become irresistible, she traced Stanley Matthews' name on a piece of paper, pencilled under it a crazy little caricature of herself and signed her initials. Circling the tree, she chose her branch with care, first stringing the paper onto a long scarlet silk tie, of which she divested herself, and sent it aflutter. Then, at the sound of footsteps on the trail, and deep, resonant voices, Pat took to her heels and ran.

An hour later Patricia came down to dinner in a meek gray silk gown that her father approved, and played up to his idea of the cut-paper-pattern daughter; but before the meal was over she regretted her idiocy at the Proposal Tree and made up her mind to go after that bit of compromising paper just as soon as the moon would "oblige."

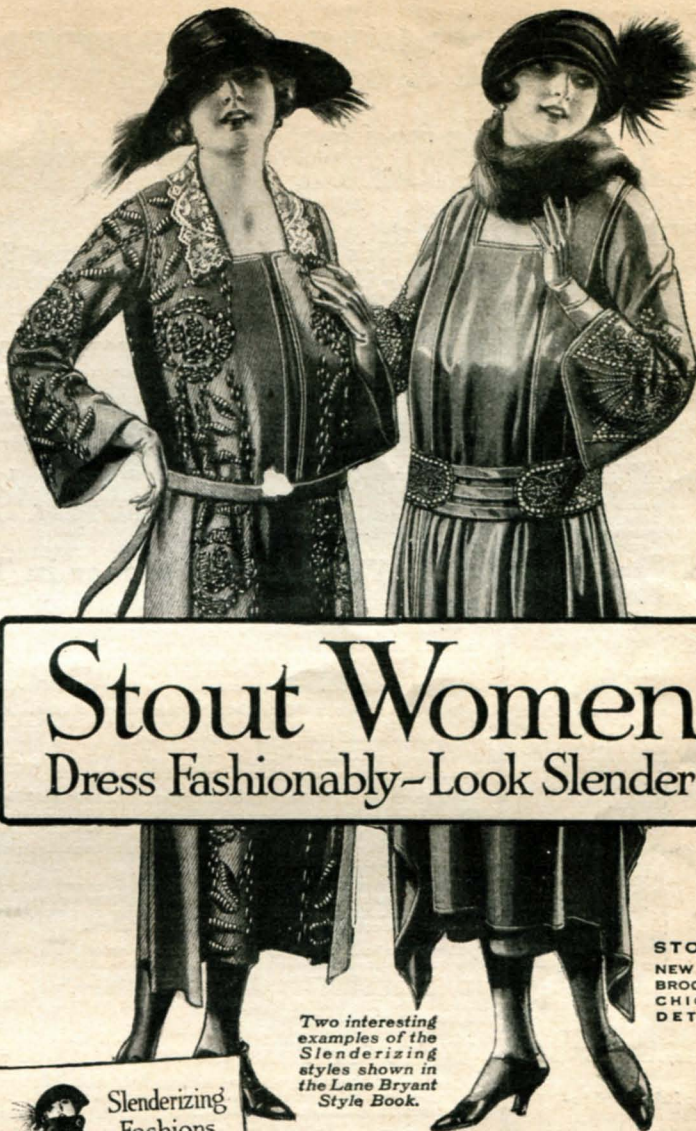
The moon rose late, the guests retired early, so she had the trail to herself when she slipped away. An unearthly quiet brooded over the hills and canons. Eerie night sounds made her start every few seconds—the soft whirr of some bird disturbed on its nest, the hoot of an owl, a loosened rock rushing down a shale-covered precipice.

Just as she reached the Proposal Tree a blood-curdling yelp cut the intense stillness of the night, transfixing her with horror. A wild vision of a California mountain lion came to her, and as she turned to flee she found herself face to face with *the man*, the sandy-haired individual who had haunted her movements and her imagination.

"It's only a coyote," he said with quiet seriousness, not wasting breath on preliminaries. The girl had a suspicion that he wanted to laugh, but would not have done so for worlds.

She took a quick inventory of this stranger, checked off his bigness, the sincere ring of his voice, his clean-shaven, irregular, emphatic features, and squarely-met eye. She chose him in preference to the coyote.

"Come along," he said with fine disregard of the girl's unknown wishes, as she hesitated toward him. "We'll explore this trail a bit farther. But wait!" He turned, unknotted the fluttering tie and, after chuckling over the caricature of Patricia, folded it neatly, ready for his pocket. Patsy snatched at it childishly. "Give it to me—it's mine," she protested in a feeble, sharp-edged soprano that had no chance against his lordly



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# Try This Free Lesson in Commercial Art

This exercise illustrates a little drawing secret not everyone knows, i.e., the outline of the human head remains the same in one-quarter and three-quarter views, and is turned merely by adding a few little lines. Take your pencil and trace carefully over the outlines a few times, then copy the head as closely as you can. We will gladly criticize your work free if you care to submit it with the coupon.

## 1—The Profile Outline



Trace this through on your paper. (Don't hold your pencil too tight!) Then alongside of your tracing make a copy of the outline. Do this several times until you are satisfied with result.

## 2—The One-Quarter View



Do the same as above. Don't be nervous about the details. See how simple they are. Use strong broad strokes. Don't scratch.

## 3—The Three-Quarter View



This is only a little more difficult than the two preceding studies. And when you have finished you will have learned how the human head is drawn. Remember this is really advanced work, so do not be disappointed with your sketches if they are not as good as those shown here.

## The Wonderful Graphic-Correction Method



The work above shows a beginner's drawing with the instructor's corrections. Many of our most successful students could not do as well as this when they started. See how easy it is to improve your work this way. No wonder our students go ahead so fast!

## How This Wonderful New Home-Study Short-Cut Method Makes Artists of Those Who Think They Cannot Draw!

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With our method you learn in spare time right at home. Instead of work, learning under this method becomes a fascinating game. And because of many new short cuts and our truly wonderful Graphic-Correction Method, you find yourself drawing pictures that sell, almost before you realize it!

## \$75 a Week As a Beginner in This Fascinating Profession

The great and evergrowing demand for artists in all branches of business has made commercial art one of the highest-paid professions in the world. Seventy-five dollars a week is by no means unusual for a beginner. Many of the simplest drawings bring \$25, \$50 or \$100 a piece! And the salaries of the top notchers run up to \$25,000 to \$50,000 a year.

So great is the demand for artists that many of our students have been able to more than pay for their courses by selling sketches even before they had finished studying. For instance:

Alfred B. Fleming of Newark, N. J., writes "Since the last lesson was returned, I have sold \$85.00 worth of drawings (3)."

And another, J. B. Burwell of Staunton, Va., tells us, "Have just sold the first installment of twenty drawings on a comic series."

And again, O. B. Blake, Old Town, Me., says "I am certain that anyone, whether he has talent or not, cannot fail to make rapid progress under your instruction."

These are but three of many such letters. Over and above all this such well-known artists as Wynn Holcomb, Margrita Mason, Clyde Bane, M. G. Major, Frank Godwin, and many others say they owe their great successes wholly to this amazing method.

Can you afford to pass by such a chance to enter this splendid profession? Think what it offers you in exchange for a few months delightful spare time study—high pay, unlimited chances for advancement, easy hours, independence—and "work that is play!" Work that you can put your heart into! Can you think of any other field that offers so much or is so interesting?

## Write for This Great FREE Book

Our beautiful booklet, "How to Become An Artist" will be of vital interest to you. We will gladly send it to you upon request. Just fill in the coupon below and mail it to us to-day.

"How to Become An Artist" tells you all about our school and our wonderful method. In this book our students tell you in their own words what this method has done for them. Their success will astonish you until you see for yourself how simple it really is to learn drawing this new way.

Write for this great book today. No money, no obligation. Just clip the coupon and mail. And if you wish, send us your work on the lesson at the left for free criticism. Mail the coupon now!

WASHINGTON SCHOOL OF ART, Inc.  
1872 Marden Building, Washington, D. C.

Please send me your book "How to Become An Artist,"

Name .....

Mr., Mrs. or Miss

Address .....

baritone: "Say, hands off, please. This is mine! You see I'm Stanley Matthews."

## CHAPTER VI

### The Husband of Her Dreams.

The next morning Patricia awoke with an anticipatory start. Just what... then she remembered. This preposterous man—Stanley Matthews! There was something about his assertive personality that fascinated her. His eyes were absurdly full of candor, at times they shone and danced like a youngster's. A fine, strong face, but overhung by a shock of thick reddish hair, her particular abomination. Patsy had often declared that she would rather die an old maid than have a red-headed husband. Wait! Where was that joyous description she had amused herself by writing a year or so ago of the husband of her dreams?

Chuckling at this remembrance, Patricia leaped out of bed and, searching through the disorder of her bureau drawers, came upon a leather-bound note book wherein were several pages of her dashing handwriting under this title, "The Great Unknown" and beginning:

"In the first place, he must be taller than I—the taller the better—so I can tell that he's there when we dance; so that when he kisses me I can know the glorious expanding feeling of having to reach to get my arms around his neck; and at the same time, paradoxically, have the sensation of being entirely surrounded and cut off from the rest of the universe by him."

"All right so far, friend Stanley," she smiled at this exuberance. "You're tall enough, but I guess that's about the end of your qualifications." And she read on:

"I want him to be the kind of person who will inspire all girls to clutch each other and exclaim, 'My dear, isn't he too divine!' whom all men will admire and desire to meet; whom all servants will dote on (this will make it so much easier for me); who will delight the souls of all children, dogs and casual old women.

"I prefer him to be dark rather than blond; however, I only demand that he shan't be red-headed. Red-headed men always get scarlet, and blotchy, and blistered, and repulsive when they sunburn; and they swarm with big scrawly freckles like red ants."

"There! I told you so," she exulted. "You see you'll never do, Mr. Matthews. Never!" She read on, amused at this modest summary of her matrimonial requirements:

"I want him to have good taste in furniture, books, music, art, plays, movies; be able to drive any kind of car; play bridge, golf, tennis; ride the wildest horse with baffling ease and distinction; understand all about baseball, politics, stocks and bonds, and whatever junk it might be useful for me to know about sometime.

"I want him to be a stalwart boxer too, so that he could knock down any man whatsoever who might offend me.

## Great Diamond Ring Bargain

Perfectly cut, genuine blue-white Diamond held aloft on six white gold prongs. Gentleman's 14K Green Gold, hand-carved mounting, trimmed with artistic scroll designs of White Gold.

**Send No Money**—Ring sent FREE for your approval. If entirely satisfied pay only \$10, then \$5 a month, for ten months until the total price of \$60 has been paid.

**Free Gift Book** shows thousands of other bargains in Diamonds, Watches and Jewelry. Send for copy No. 382-P.

\$5.00  
A Month



Buy Today  
10 Months  
TO PAY

"THE HOUSE OF QUALITY"  
**LW-SWEET INC.**  
1650-1660 BROADWAY, NEW YORK



Nothing would thrill me more than to have such an occasion arise. Also, though I don't require it, almost more than anything else I'd love to have him be able to sing in a nice, deep, husky, voice that catches one inside. Then, sometimes in the evening he could strum on a banjo or Hawaiian guitar, and sing queer, amusing delectable songs, while I'd lounge at his feet, with lots of cushions at my back, draw fantastic pictures, drink orangeade, and adore him."

"I suppose my ardent one wins out on the stalwart boxer requirement," she mused, "but when it came to good taste—oh, Great Gopher Prairie!"

Then, skimming a few paragraphs, Patricia came to this:

"In conclusion, I want a husband who has led a life of adventure, I don't care whether he got expelled from six schools, or ran away to Paris, or joined a circus, or lived as a tramp, but he must have done *something*. (I couldn't stand a man who had been brought up in a small town, and had always stuck there.) He *must* have a past. However, above all things, he must be unmistakably, inexorably, and immutably a gentleman, I mean to the extent if he were found drunk in a red shirt at seven o'clock in the morning in the middle of Third Avenue and Fourteenth street, he would be as bewitching, as refined, as graceful, as attractive, as unquestionably superior as ever.

"Postscript. Besides these requisites and suggestions, he must naturally have money. The idea of a threadbare young couple in a garret with one teacup between them may have romantic possibilities, but it doesn't impress me as the ideal form of connubial felicity."

"I don't want much, do I?" she laughed as she tossed the book back into the drawer.

With a certain pleasurable apprehensiveness Patricia recalled that she had promised to meet her worshipper again this very afternoon. After all she might as well pluck a little amusement against the general boredom. Besides she had never encountered such a will as his. It was like flint—good-natured flint! Undintable! Very well! He would find out how far he could get with this masculine determination. She had a will of her own.

So they met, as arranged, near Observation Rock, and almost at once her barbarian asserted himself bafflingly as before.

"Better sit down on this boulder—not here!" he decided against her preference. "Oh, yes, you do like this side of the road. Look at that view!"

And Patricia sat on *his* side of the road, sat there and listened with genuine interest to his talk—about himself, his work, his purposes. She felt that this man had courage, real courage, not a melodramatic parody of it. And yet he wasn't a cave man either. Just when she was labeling him one he showed superb open-mindedness to her ideas, a lamb-like gentleness, a disconcerting modesty.

That night she wrote in her diary: "I have heard of a man being so homely that he is handsome. On second thought

# Are Your Eyes Weak? Then Read These Letters!!

## Wore Eye Glasses for Sixteen Years, Discards Them Entirely

I had decided for some time to write you a few words of praise for your wonderful Eye Course, but thought that I would wait until I entirely stopped wearing "Eye Crutches" as you call them.

I had been wearing glasses since I was eight years of age, and did not go a day without them. I am now twenty-four years old, and with just a little effort in practicing the exercises each day, have at last been enabled to discontinue wearing glasses entirely. It just took two months of your treatment to cure my eyes.

I wish to thank you, and say that I cannot express myself in words for my great appreciation.

With best wishes for your continued good work, I am

Very truly yours,  
MRS. D. G. LEWIS,  
Shreveport, La.

## Course Is Worth More Than Gold to Her

The Course, "Strengthening the Eyes" at hand, and I am sending money order for which I will keep the Course. It is worth more than gold.

Yours for health,  
GRACE GUYER,  
3116 E. 7th St.,  
Long Beach, Cal.

## Vision Improved One Hundred Per Cent in Two Months' Time

I have been following the precepts of your book for two months and my vision has improved 100 per cent.

When I started at ten feet I could barely see the largest letter. Now I can see the second size letter which is one-half the size.

Yours truly,  
L. MEHLER,  
Waynesboro, Va.

Our files are filled with just such letters of grateful appreciation as those we publish here.

# "STRENGTHENING THE EYES"

is a complete course in Eye Health Building. Prepared by Bernarr Macfadden in collaboration with one of the world's leading eye specialists. The lessons are simple. They are practical. And best of all, they produce beneficial results almost immediately.

## Facts About the Eyes

The eyes are controlled by nerves and muscles, just the same as other parts of your body. You know that your arms or your legs or your hands or neck or back can be strengthened by exercise. If that were not so, half the people in the world would be going around on crutches. Well, why put crutches (that's just what glasses are) on your eyes when they grow weak? Why not try exercise?

Hundreds of people have been able to discard their glasses as a result of sending for Mr. Macfadden's Course in Scientific Eye Training. It is probable you can do the same. Why not try?

-----FREE TRIAL COUPON-----

MACFADDEN PUBLICATIONS, INC.,  
Dept. 9, 119 West 40th St., New York City

Entirely at your risk you may send me your course of Eye Exercises. Upon receipt I will pay the postman \$5.00.

It is understood if after trying the course for five days I decide not to keep it you will immediately refund my \$5.00 upon return of the course.

Name .....

Street .....

City.....State.....

## Wore Three Kinds of Colored Glasses—Now Sees Clearly Without Glasses



Before I received your courses my eyes had gotten so bad that my entire digestive organs were upset. My appetite was gone. I

only ate because I knew that I needed food to sustain the body.

I had used two or three kinds of colored glasses to shade my eyes, but they seemed to only add to my misery after using them a few days. I finally decided to have my eyes tested, a thing I hated to do, but finally I went to an optician and underwent a treatment.

After carefully testing my eyes he finally became rather puzzled at my case because he found after careful investigation that I might not need glasses.

This puzzled me too for I knew not what step to take next. About this time I came across an advertisement of yours and sent for it at once. I received it in due time and have been following instructions as best I could ever since. This was thirty days ago. To-day I am able to see clearly on the brightest sunshine day without frowning, be the pavement or street ever so bright. I have discarded the glasses altogether. Very respectfully yours,

R. S. ROBERTS,  
Box 325, Fernandina, Fla.

## His Sight Is Better Than It Has Been in Years

It may be interesting to you to hear that I have been able to discard my glasses and my sight is better than it has been in years. I would like to know how long the various strengthening exercises should be kept up. The glasses I discarded were for astigmatism, and were right eye 1-25,30 and left eye 1-25,120.

Again thanking you for sending me the books on "Eye Training," I remain,

Very truly yours,  
R. D. ROBERTSON,  
1100 Evergreen Ave., Plainfield, N. J.

## Would Recommend Our Eye Strengthening Course to Anyone Who Wears Glasses

I am getting along with the Eye-training Course. Must say, have had good results and would recommend it to any one who wears glasses. Yours truly, WM. S. GRINDELL,  
1515 Myrtle St., Scranton, Pa

## We Take the Risk

We would like to have every reader of PHYSICAL CULTURE who is afflicted with poor eye-sight try Mr. Macfadden's Eye Training methods. For this reason we have arranged a plan whereby you can have the course sent to you on approval with the privilege of practicing the exercises for five days before deciding whether or not to keep it.

The price of the course has been purposely made very low so as to be within the reach of every person—only \$5.00 postpaid.

If your eyes are weak, can you afford to ignore this offer and all that it may mean to you?

**JUST MAIL THIS COUPON.**



## Why People Die Too Young

Men and women, apparently in good health, die years before their allotted time of diseases which in the early stages show no evidence of trouble. You may look well—feel well and have all the evidence of health, yet be far from actual health. Some of the worst wasting diseases show no outward sign of their ravages until it is too late to halt them.

A thorough chemical and microscopical examination of the urine is the most single efficient test known to science in determining the health of the human body. Until the founding of the National Bureau of Analysis, a convenient system of furnishing this timely information was not available.

**Answers to inquiries** continually received by the Bureau are here given that you may see at a glance the practical value of such a service in this country, where, in the words of the eminent surgeon, Dr. Senn, "Bright's disease and diabetes are claiming, annually, thousands of our best people in the prime of life."

**Question.—What is the National Bureau of Analysis?**

**Answer.**—It is an incorporated Association that keeps its busy subscribers intelligently informed, through urinalysis, of the exact condition of those most delicate and yet most overworked organs of the body—the liver and kidneys.

**Q.—How is it possible to make these examinations without trouble to the subscriber?**

**A.**—Every three months a mailing bottle, carefully sterilized, is sent to each subscriber, **already stamped and addressed** for return to the Bureau's laboratory. The subscriber simply furnishes the specimen, removes the outside wrapper, and remails it. The Bureau does the rest.

**Q.—What report is made to the subscriber?**

**A.**—Upon return of the specimen it is subjected to a most careful chemical and microscopical analysis and a report showing the findings in twenty-five divisions of urinalysis, written so the layman can readily understand it, is returned promptly, in a sealed envelope marked "Personal."

**Q.—How do your examinations differ from others?**

**A.**—Did you ever receive one that showed and explained the relation to your health of: Indican; Acetone; Diacetic Acid; Pus Cells and Leucocytes; Casts and Crystals; Specific Gravity; Alkaline reaction; Urates and Sulphates; Mucus and Phosphates; Blood Cells; Clyndroids and Epithelial Cells; or Bile and Urea, the latter the most important waste product of the urine?

## Get Our Free Booklet



"Why People Die Too Young" is an interesting book full of vitally important facts that you should know. It tells you how for less than five cents a day you can keep your physical and mental machinery in the best possible working condition and possibly add many years to your life. Send for this booklet today. It places you under no obligation.

**National Bureau of Analysis**  
Dept. 19 Republic Bldg., Chicago  
Frank G. Soule, President and Founder

You may send me, without obligation, your booklet, "Why People Die Too Young," together with your four minutes a year plan for better health and longer life.

Name.....

Street No.....

City..... State.....

no one could call Stanley Matthews homely, no discerning person. He is too arresting. Too fascinating.

"Why am I thrilled by his stories, I who was always irritated by the doting Desdemona and her valorous Moor? Perhaps because Stan is never conceited. He courts the abstract in an admirable way. The inner man dominates his outer manifestations. That sounds like the catechism, but—never mind!"

And the next day she wrote this confession: "He kissed me! He dared! Only the second day! I didn't like it. He bent my head back until it hurt my neck. I resisted. 'No, please, don't—Oh!...' I mumbled against his cheek. I made my body taut, bracing myself against his power. I did not want to kiss him. But... to my shame I write it... my lips betrayed me..."

The third day of Stanley Matthews came, and Patsy decided that she must put an end to him and his hopes; but somehow she did not. It was evident that he would be an impossible husband... except that she could wave good-bye to poverty. New York with Stan's money would be a lark; but what could she do with him? No, she couldn't think of it. *But she did!*

Thus the days passed until the sixth after their encounter on the trail.

"If you're the star of this movie bunch up here, why are you playing around with me? Don't you ever work?" she asked him.

"Work! exclaimed the great fellow, stretched out full length on a huge boulder under some sycamores, "You can bet your jolly boots I work. I'm doing the hardest stunt right now I ever tried to pull off. I'm going to marry you. The whole grouching bunch can wait and lose money until I get you."

Patsy gasped, ignoring his eyes, for he had drawn himself into a sitting posture and tried to claim her gaze.

"And you dared hold up the whole company for that!"

"I did," he said serenely.

"At a loss...?"

"About a thousand a day."

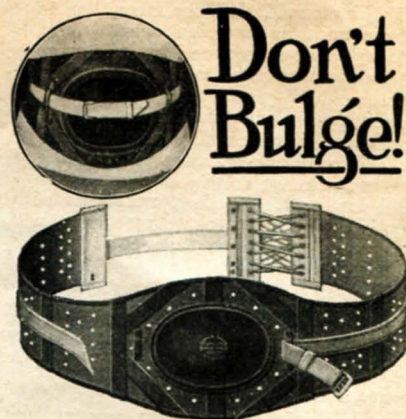
"It's disgraceful. You know as well as I that you are wasting your time and their money. I'll never marry you. You're an absurd person!"

"Perhaps," he smiled, and her heart missed a beat.

"Stan Matthews, don't keep on with this silly bravado. It's compelling. I admit; you're gorgeously reckless and adventurous, but I'm adventurous, too. I'm reaching out—to other things. You're not the kind of man I plan to marry, not at all."

"Shall we go home?" he asked complacently. "I suppose it's not quite time for your parents to know about me; it's no use to worry them—yet."

Patricia made more promises to herself that she would not see Stan again, but she did not mean to keep them and



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Overcome obesity with this feather-weight, soft glove-rubber wonder invention. Conquer corpulence with the dual-disc Vacuum Applicator that massages away podginess with each breath you draw, every step you take. Quickens digestion (you can eat what you choose!—and yet reduce). Rouses circulation, corrects constipation, lessens waistline.

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**AUTOMATICALLY.** Utterly comfortable; cannot chafe; no feeling of being corset-bound, but instead the pleasant sense of being supported. Fits snug, yet feels light and cool—perfectly ventilated! No one can detect your wearing it. Ideal for women and priceless for busy overweight men. Post-paid for \$15 and satisfaction absolutely certified! State waist measure in ordering.

Or request detailed description of this **Flexible Comfort Reducer Girdle** that **DOES** get rid of **FAT** quickly and comfortably.

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knew that she did not. The seventh evening found her swinging down the trail at his side, as usual. As they moved along he hummed:

"There's a long, long trail a-winding,  
Into the land of my dreams."

"You might get a more up-to-date song," she twitted him.

Ignoring this he said seriously: "Tomorrow night we'll go down that trail for keeps, sweetheart."

She opened her lips to protest, but he closed them with a kiss. She put out her arms and pushed herself away from him. "No!" she protested weakly. "No!" and she went back to his arms.

"Now tell me this," he whispered. "Say it after me, just to please me, dear girl. I want to hear you say it. Say, 'I'm going to marry you,'" he ordered.

Thrilled in spite of herself, she obeyed. "I—I'm going to marry you."

"To-morrow night"—say it."

"To-morrow night."

"Darling"—say it."

"D-darling!" she stammered.

Then he kissed her again. . . .

The next installment of  
"GLINT OF WINGS"

will appear in  
PHYSICAL CULTURE  
for October

## Are Women Interested in Themselves?

HAVE you got acquainted with BEAUTIFUL WOMANHOOD, the new Macfadden publication? It came into being with the September number, and is devoted to the interests of women—particularly from a standpoint of their self-development, their happiness, and that health which is fundamental to happiness and achievement. It is unique and distinct in its editorial policy, having to do with all problems that affect a woman's life, whether she is a business or professional woman or reigns over a home.

The magazine is based upon the theory that women, irrespective of their interests so far as home and family are concerned, are fundamentally also interested in themselves, in their self-expression and development. They want to make more of themselves, to get more out of life and to be as happy as a human being may be. There is no other magazine with the same appeal. If you have not got acquainted with it you will find it interesting, stimulating and helpful in a personal and very practical way.

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## A real Boxing Course for only \$3<sup>85</sup>

For only \$3.85 you can have the famous course by which Marshall Stillman has taught boxing and self-defense to over 30,000 men right in their own homes. This course is based on fundamentals developed by one of the most scientific boxers the world ever produced—Professor Mike Donovan, for years boxing instructor at the New York Athletic Club.

Men who have never had a boxing glove on before have out-boxed bigger and stronger opponents after only two weeks' training. After you complete the advanced lessons, mastering such blows as the Benny Leonard Triple, the Jack Dempsey Triple, the Fitzsimmons Shift, the Miske Twist, you will be more than a match for many men who consider themselves good boxers.

Joseph Amend of Brooklyn, N. Y., says, "I have fought three men, each weighing 10 to 25 pounds heavier than myself. I made the three quit in three rounds, and did not receive any punishment myself." J. H. Dolan of the U. S. S. Shawmut says, "Now I am what my shipmates call a good one, and they can't see how I got all the new blows and guards so suddenly."

One pupil says: "It's so simple a child can learn." That's the secret of its success. Marshall Stillman reduces the most complicated blows and guards to simple movements with which everyone is familiar—reaching your hand out for a coin, the breast stroke in swimming, etc. You practice these movements before a mirror, and step by step you are led

into similar movements in boxing. Suddenly you find yourself hitting, countering, ducking, guarding, side-stepping, etc., just as though you had a real opponent before you.

After you've mastered the fundamentals, you're taught all the good blows and guards used by professionals, and are given three lively rounds of shadow boxing in which you use these blows exactly as you would in the ring.

Your training in self-defense includes 15 jiu-jitsu and bone-breaking holds and 14 of the best wrestling holds—the Gotch Toe Hold, the Stecher Scissor Hold, the Head-lock, etc.

There are over 80 lessons altogether, 381 pages and 246 illustrations. Some students tell us the course is worth \$25; others say \$50. When Marshall Stillman first produced the course, it sold for \$10. As sales increased, we cut the price to \$5. And now we offer you the complete course of 80 lessons for only \$3.85—less than 5c a lesson.

**Free History of Boxers.** With the lessons you get a History of the World's Boxers with their pictures, and inside stories seldom heard outside professional circles.

Fill in and mail the coupon. The course will come to you at once. On its receipt, hand the postman \$1 merely as deposit. Use the course 10 days. At the end of that time send us \$2.85 more or return the course, and we'll send your dollar back. Mail the coupon now to Marshall Stillman Association, Suite 1022-J, 42nd Street and Madison Ave., New York.



## 10-day Trial—Send No Money

MARSHALL STILLMAN ASSOCIATION  
Dept. 1022-J, 42nd St. and Madison Ave., New York

You may send me on approval the Marshall Stillman Course, price of which is \$3.85. Upon receipt, I agree to hand the postman \$1 as a deposit. It is understood that I am to pay the balance (\$2.85) or return the course within 10 days after I receive it. If I return it, you are to refund my dollar immediately.

Name .....

Address .....

NOTE—Canadian and foreign orders must be accompanied by cash (\$3.85 U. S. funds) subject to money back if not entirely satisfactory.



## \$35 BAR BELL

### OUTFIT FOR \$17

To advertise my latest Strength Maker Model Bar Bell outfit I am going to sell a limited number at less than half price. This outfit sold at \$35.00 during the war, at \$25.00 before the war. Today I am selling it at \$17.00, which is 32% less than pre-war prices.

The Strength Maker is interchangeable. You can make it into a long bar bell that weighs about 40 lbs., empty, or a short bar bell that weighs about 35 lbs., empty, or two ring weights that weigh about 20 lbs. each empty. You can load them with sand, which will make the weight as heavy as you should ever need for all purposes of health and physical powers. Should you wish a very heavy bell you can use lead shot, which will make the long bar bell about 210 lbs., short bar bell about 200 lbs., and ring weights about 100 lbs. each.

You receive with each outfit the most complete and up-to-date instructions published on how to use long bar bells, short bar bells, ring weights or kettle bells. The above method is the system that I have so successfully used to develop thousands of men and young men into strong, healthy specimens of superb manhood for the past 35 years in my fourteen gymnasiums in New York City.

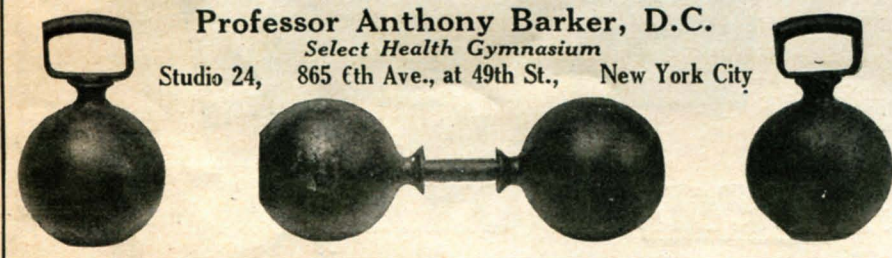
You can become as strong as you want, also obtain robust health, and perfect physical development in a very short time. After one month's use of the Strength Maker Outfit you will be convinced that it was the best investment you ever made. The Strength Maker will bring much better results than you would obtain from any mail course or expensive gymnasium course.

This offer is liable to be withdrawn at any time. I believe in the near future I will be compelled to charge \$30.00 for this outfit, so here's your chance to obtain the complete course in physical culture for home training and the remarkable bar bell outfit at the bargain price of \$17.00. I would strongly suggest that you send a post office money order for \$17.00 before the bar bells are all sold. Send your order today, now, before you forget.

**Professor Anthony Barker, D.C.**

*Select Health Gymnasium*

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Many, without previous musical experience, have done it with a Conn Saxophone. You, too, can learn this popular instrument quickly. Pleasure and profit yours to command.

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Bush, William Walker Atkinson, etc., etc.

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To all who purchase the 90 page, de luxe book, Leavitt-Science, at the usual price, TWENTY-FOUR CENTS, Dr. Leavitt will give this Analysis, ABSOLUTELY FREE, without obligating you in ANY WAY. A complete Case Sheet will be mailed with book. The book is pronounced by many as priceless. It treats in a most interesting way of Fear, Faith, Success, A History of the Healing Art, Chronic Disease, etc. You may send stamps. This is a rare opportunity. Don't put it off, but send TODAY.



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## Questions from Health Seekers

### Inflammation of the Bladder

J. K.—This condition or cystitis may be primary or secondary, that is, following some other condition. It is impossible to cover the subject in detail, but the suggestions given here will be beneficial in reducing the local manifestation. The fast with an abundance of water is to be recommended for the first few days—say three to five. This is to be followed by the milk diet working gradually up to four and a half to five quarts daily. This reduces the concentration of solid material in the urine, thus reducing the tendency to further irritation, and gives the bladder a chance to heal. Frequent urination will be experienced all during this treatment, but this is desirable. This diet, followed by fruit and milk and later the fruit and milk plus the vegetable diet will slowly restore the mucous membrane of the bladder to nearer normal. The hot sitz bath is exceptionally agreeable in the treatment of this condition. This may be taken in an ordinary tub with from four to six inches or more of quite hot water. The feet may be in the water if desired. The very warm vaginal douche is frequently of relief and may be taken occasionally in place of the sitz bath. Keep the bowels open by laxative foods or the enema. Avoid chilling or exposure to dampness unless thoroughly warm. Physical quiet is frequently necessary for a while, at least.

### Constipation in Baby

Mrs. W. J. L.—The fact that you are taking sufficient laxative foods in your own diet does not mean that your milk will contain sufficient elements to prevent or cure constipation in a nursing baby, since some foods are laxative merely because of their mechanical effect. Mother's milk frequently does not contain all the necessary elements to maintain health or to insure growth in the child. For this reason, additions are necessary, either to the mother's diet or directly to the infant's. Discontinue the use of Castoria and give orange-juice slightly diluted, in small amounts—say a half to one tablespoonful two or three times a day. It is often advisable to have the baby's drinking water always contain some orange-juice—from one to two tablespoonfuls of the strained juice in a six to eight-ounce bottle. Additional orange-juice may not be necessary. Usually no other treatment is required. Orange-juice in your diet may relieve the condition.

### Infantile Uterus

Mrs. J. C.—This condition is the result of developmental circumstances, due very frequently, to some deficiency in nerve supply caused by some accident during pregnancy. In these cases, spinal manipulation is a means of supplying the organ with the necessary nerve-stimuli, and, consequently, nourishment. General upbuilding measures are advisable for one reason because women in this condition are usually of a nervous type. Every factor used by physical culture is to be recommended. No particular exercises have been found to be of benefit. A physical culture régime should in time overcome this abnormality.

### Paralysis

Mrs. E. A. C.—There are several forms of paralysis, and they are supposed to have different causes. Much would depend upon the kind of paralysis—its specific cause, the progress it has made, the natural vitality of the patient, age, etc., in prognosing the results of treatment. No particular treatment has been considered for paralysis aside from electricity, and in some kinds of paralysis, replenishing the supply of internal secretion. But as much



can be done by a general upbuilding régime, faithfully adhered to, as by these other methods. Usually a fast is indicated, and no diet surpasses the milk diet—later, an abundance of green salads, vegetables and juicy fruits. Hot spinal packs stimulate the spine and the nerve-nutrition, as does also spinal manipulation. Sunlight directly upon the body; cold baths as can comfortably be taken; massage (especially of the affected member); an abundance of sleep and mental and physical quiet, except for walking—all of these factors used together will do all that can be done in the majority of cases. The subject of goitre was covered in this column in the April, 1922 issue of *PHYSICAL CULTURE*.

### Meal-Variety

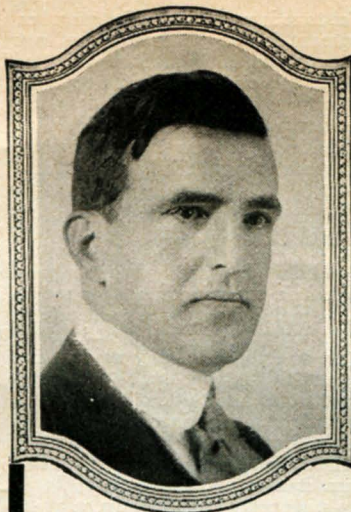
ED. G. T.—Judging by the average bill of fare, one would think that every class of food and every possible mineral element is desired at each meal. This is by no means true; Doubtless, most people would be much better off if they took a mono-diet, providing this diet was taken only for each meal—that is, one article at a meal, but changing for each meal. Practically, that is not advisable. From two to four or five articles at a meal can safely be taken. All green vegetables would be considered as one article, if eaten raw. If cooked, usually another article, and so on through the different classes of food. A sample meal, to illustrate, would be: a green salad, one or two cooked vegetables, eggs, a bean-roast or some other form of protein, bread and butter (whole wheat), and either ice-cream or a glass of buttermilk. This is variety enough and has the majority of elements the system requires. It is advisable to have one meal a day (at least usually) consisting of one article of food, such as one variety of fruit or a pint of milk or melon or something similar.

### Epilepsy

E. Y. M.—This is very frequently a stubborn condition with which to make satisfactory change. However, a number of cases are on record where the results have been highly pleasing. Symptoms are: unconsciousness appearing without warning, possibly associated with an outcry usually made during the first of the unconsciousness; alternate contraction and relaxation following so quickly one after the other as to give a vibratory appearance to the movement; frothing at the mouth—possibly bloody-froth; a relaxation after a few seconds or a minute followed by extremely sound sleep. After-effect may be nothing or may be an extremely sore tongue from having bitten it, or muscles very sore, headache, lassitude, or all combined. The later in life this develops, the better the chance for a cure or improvement. The fast is extremely beneficial, but should not be continued longer than two days. The milk diet is not advisable, but the fruit and vegetable diet is required. Dairy products are satisfactory, except large quantities of milk. Protein consumption should be at a minimum; bowels must be open always. Manipulative treatments have at times produced surprising results. Patients differ in their reaction to baths, so nothing definite could be advised in this regard. Care must be taken in your factory work not to be near dangerous machinery because the nature of these attacks is such that they come unexpectedly. Keeping the gastro-intestinal tract free from irritation will have much to do with warding off the attacks.

### Overdeveloped Muscle

J. R.—It is unusual that one complains of overdeveloped muscle or muscles, especially those of the thigh, but when the development has taken place, the best thing to do is to endeavor to develop other muscles in proportion, unless this would entail too great an expense of time and energy with no main practical object in view. It is not possible to reduce these overdeveloped muscles to a great extent without also reducing other parts which you



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## The Real Secret of Keeping Young

By **Bernarr Macfadden**

**H**OW long do you expect to live? This is a serious question asked in all seriousness. And it deserves serious consideration on your part. If you are a man or woman of middle age, where do you expect to be ten years from now? And if you have left middle-age behind, if you are 50 or 60 or 70, where do you expect to be ten years from now? What would you give to be able to defy old age for ten or twenty years beyond your time, to live to 80, 90 or 100 in perfect health, retaining vitality and power of mind to the very last?

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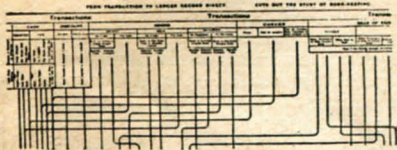
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do not desire to reduce. This holds true when the development is really muscular and not fatty. Massage frequently produces a better tone in muscle and circulation and may have a slight tendency to reduce the size. It would be better to develop the muscles of the calves and hips to be in proportion and let it rest at that. You are not particularly unfortunate in this respect.

### Excessive Hair

J. L. O.—Those who have bodies markedly covered with hair are supposed by some to have more inherent vitality and resistance to diseases of the vegetative organs, that is, those that have to do in maintaining animal life. Whether or not this is true has not been determined, but it is known that there is no satisfactory, safe way of reducing the amount of hair. In a few isolated spots of the body superfluous hair (usually meaning hair that has grown where it was not intended to be) is many times removed by electrolysis, a painful, tedious process entirely impracticable in this case. You will find others in the same position as yourself, so do not deny yourself the pleasures of out-of-door life. The average swimming costume will cover a sufficient amount of the body that you need not fear the gaze of others.

### Chronic Appendicitis

A. G.—This may be a continuation of protracted or wrongly-treated acute appendicitis, or it may never have been at this stage. Remember, that many cases diagnosed as chronic appendicitis, upon operation, have proved to be something else. Taking it for granted that you have this condition, the best treatment is that outlined for most chronic diseases—that is, a fast or fruit diet followed by the milk diet, baths, exercise, fresh air, etc. More in detail, these would be fruit diet of several days; milk diet up to five or six quarts a day; hydrotherapy would be either hot and cold sitz baths or the heating compress or cold abdominal pack, or all of these, applied at different times during the day. Exercise could be the gentle massage of the abdomen as well, perhaps, as deep breathing with special effort to increase the motion of the abdomen during deep inhalation and deep exhalation. It is a good plan to exhale completely, hold the breath and then force the abdominal muscles outward and inward alternately for six to ten seconds; then repeat the same exercise while holding the breath after complete inhalation. The enema is, perhaps, the best means of keeping the bowels open, especially during the fast and milk diet. Avoid rough, coarse foods, relying mainly upon prunes, fresh fruits, spinach, and raw cabbage for laxative effect when on solid food. At this time also drink no more water than necessary to satisfy thirst. Careful observance of these suggestions with possibly the addition of manipulative spinal treatment will probably eradicate your trouble.

### Children of Large Parents

MRS. A.—Your height is somewhat above the average, but your weight would indicate that you are not especially a large woman. A man of six feet is tall, but may not necessarily be a big man, as much depends upon his weight, or rather, his breadth. The question as to whether people of this size will bring into the world a child which will grow to be as large as either parent, with large hands and feet or features, need give you no worry. Occasionally such parents will have a large child or one that grows to be large, but frequently nature seems to check the tendency to go above the average, and, if a daughter results, it may be a slender, small-boned, beautiful child. Of course, much depends on the heredity farther back than the immediate parents, but it is quite safe to say that the chances are in favor of an attractive child, unmarred by any ungainly features.

## FAT CAN BE REDUCED IN JUST TWO WAYS

Medicines Are Worthless and Generally Harmful



Fat cannot be sweated out—the first drink of water you take after perspiring restores the lost weight—

Fat cannot be rubbed off—if rubbing did break it up it would simply float around in the blood and be redeposited elsewhere—

It cannot be squeezed out by rubber bands or corsets—massage furnishes a little exercise but squeezing has no effect at all.

Consider the above statements carefully and you cannot help but acknowledge their soundness.

### The Real Solution Is Simple and It Works

Fat enters the body when food is consumed in excess of one's needs; it can be removed by lessening the fat making food intake or by muscular exercise. There is no other way for it to get in or get out. Therefore to lose fat, eat less food that makes fat, or take more exercise that consumes fat—or do both.

But, above all remember there is no question as to whether the treatment will work or not. All other ills of the body may sometimes fail to respond even when the best known methods are applied. Not so with obesity. The cause and elimination of obesity is a matter of mathematics and there is no argument about it. If you draw out more from your bank account than you put into it, the amount will be reduced—and in like manner so will you.

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# Living the Physical Culture Life

In this department we have the pleasure of presenting letters of personal experience from our readers. The story of what others have done in building health, strength and energy is always interesting and stimulating. Attractive photographs demonstrating the good results of physical training and health care according to methods taught by this magazine, are always especially appreciated, though we cannot promise to publish all letters and photographs received, nor can we promise to return them. All photographs should bear name and address of sender, subject, and permission to publish. Be assured, however, that your letter of comment or experience is carefully read and appreciated by the editors even if not published. Publication is sometimes delayed several months. Published letters will entitle the writer to a free subscription to PHYSICAL CULTURE if application is made therefor after publication.—The Editor.

## A Horrible Case of the Milk Imbiber!

TO THE EDITOR:

I bought your confounded books on Milk—and here's a few of the things they have done to me:

I get into arguments with the wives of some of my best friends by declining their rich chicken dinners ('cause I used to carry dyspepsia tablets around with me). I must necessarily ask only for milk.

I have lost the joys of eating juicy, five-story banana cakes (with nightmares and mules afterwards).

I feel like slamming anyone who asks me to dine (when I would rather walk in the country and see flowers and growing things and get stung by skeeters).

I ketch the devil from my landlady ('cause when I get up in the morning I am singing—roaring—can't help it). She says I am a rowdy, 'n'everything. The kids like it anyhow.

I have lost one of my greatest pleasures—cigarettes. (Am getting so I can't even be friendly and smoke a cigar with friends.)

My face is pink, and every dam fool that sees me says I paint. (If I put on enough powder to hide it I look like a whitewashed fence.)

Bank balance is running up. Eats cost me 61c a day—four quarts, 48c, and one loaf of whole wheat bread, 13c—a saving of \$1.95.

I have joined a debating society (of my own—on Milk) and have quit the Poker Club ('cause the smoke makes me sick).

You can thank your stars you ain't here—'cause I'd pull your arm off (shaking it). All the boys want to know if I have joined a church or something.

Wondering how long the milk business would hold out, I took a walk into the country to see how milk was made. I know now it ain't made in a big factory, like glue, cakes, tires and sich.

Oh, you've made a heluva mess of my life (got to make new friends and different pleasures); made a sissy of me ('cause I like tennis, and it's nothing but a woman's game—even if they do beat me at it); made me make a nuisance of myself telling friends about milk; you know misery likes company); made me have to get new clothes all in two months ('cause I gained 35 pounds). I put on trousers bought last fall and tore the seat when I stooped over.

C. V. BAUER.

Detroit, Mich.

P. S. I lose sleep (getting up in the night writing down ideas that come to me for use in my business. Never did this before).

## Rational Living in Northern Alberta.

TO THE EDITOR:

I have read just four copies of PHYSICAL CULTURE. I expect to read a great many more before I have done with it. I rank it

first amongst all those I take, and I take a good many! Some help me to do one thing and some another; but this one helps with the most important thing of all, and that is health. Without health, one cannot write or teach or do any mental work with profit.

I am around the "dangerous age," between forty and fifty. I am five foot one—which isn't very tall—and only weigh ninety-one pounds. I expect to weigh a great deal more after I have studied your magazine for one year. Yes, I study it, not just read it.

First, I take the exercises I find in each number and write out the ones I think most suitable. Every month, I find one or two which appeal to me more than others.

Second, I study the diets and try to find out what suits me best. Living on a Canadian prairie, I do not have fresh green vegetables all winter, but I mean to have a great many more. I have planted a wonderful vegetable garden in anticipation! My little daughter and I mean to feast on vegetables and on the berries which grow around. We can have raspberries and strawberries for the picking, and many other berries too, some of which are peculiar to Canada.

I have already stopped eating meat. I never liked it anyway, only my relations used to think it a necessity. We all read PHYSICAL CULTURE in this house and it has simplified the cooking since it came. For this, I am truly thankful!

I read some of the articles to my nine-year-old daughter, and we do the exercises together. I had always taught her hygiene, being of the opinion that a child should understand about health, from an early age. We live too far from school for her to go, so I have always taught her myself. I do not consider she has been the loser, for she has had no doctor to advise vaccination, or to cut out her tonsils or her appendix.

I believe in prevention—this is why colds never last more than twelve hours in this house. They are prevented at the start. You may be interested to know how I do it, and as I do not give any medicine internally, others may like my way. It is quite original!

The one who is threatened with a cold—even a cold in the head—goes to bed early with a hot water bottle. This is to bring on perspiration. On each side of the pillow, I pour a few drops of turpentine, so that it is breathed all night. Just underneath each nostril, I put camphorated oil. The next morning there is no sign of a cold! It has vanished as if it had never been.

Even during the dreaded influenza, we did not get it, although the neighbors all around us had it. We are not heavy eaters and the little meat we used to eat would not make more than six mouthfuls. Perhaps this had something to do with keeping us immune.

First amongst all exercises, I rank gardening. My little daughter and I love flowers, and raise as many as we can.



Norman L. Munn of West Croydon, South Australia, nineteen years of age—"Once a weakling, now a strong man," thanks to healthful exercise.

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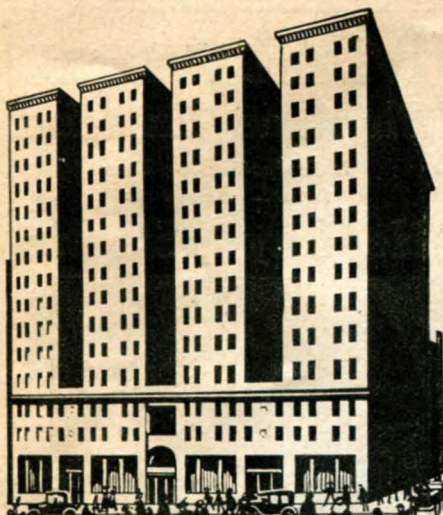
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### A Novel Cure for Gastric Indigestion.

TO THE EDITOR:

For a month or more during last winter, I suffered greatly from gastric indigestion. After each meal I experienced some pain and great discomfort as a result of gas forming in my stomach. At times these symptoms were so acute that I would roll on the floor in my misery.

It so happened that at this time I was nursing my baby who was ill with intestinal influenza, as were a number of other people in town. The doctor was in attendance on baby, so I consulted him about my own poor health. He advanced the theory that I was also a victim of the intestinal flue and sent me some medicine and advised a change. Whether I really had the influenza or not, I do not know. At any rate, baby was quite cured long before I was and the doctor's medicine had absolutely no effect upon me. I suffered keenly for over a month.

Finally my mother suggested that I try eating plain boiled onions! She said her father had often cured himself of gastric indigestion by this simple method. I was inclined to laugh at the idea, but eventually tried it with the most gratifying results.

After the first meal of plain boiled onions I was much better. I was so much encouraged that for a week I made my mid-day meal of plain boiled onions and nothing else. And the result was a complete cure. The annoying symptoms vanished and have never returned. All hail to the plain and lowly onion!

D. A.

Revelstoke, B. C.

### An Anemic Skeleton Becomes a Weight Lifter.

TO THE EDITOR:

In the hope that other readers of your publication may profit by it, I am submitting the régime which veritably saved me from a premature grave. Having suffered the ravages of gas and other barbaric means of warfare I returned from France wracked in mind and body. At first my futile efforts seemed almost hopeless, when the thought occurred to me: why not try physical culture? There was little for me to work on. My body was so emaciated and devitalized I shuddered at the sight of it. Nothing that I ate seemed to agree with me, so I decided to do without food until real hunger returned.

No one who has never experienced the initiatory steps of a fast can appreciate the fears and doubts that obsessed my mind. The first two or three days were fraught with constant worry as to the outcome of my rabid treatment. In addition to my own worries there were the ravings and apprehensions of my well-meaning relatives. I have since learned that absolute calm and contentment—a complete state of relaxation—are essential to a successful fast.

I overlooked at the outset the necessity of copious water drinking, aided and abetted by daily tepid enemas, which I learned on the fourth day are almost indispensable to a thorough cure. Thereafter my fast went along smoothly, notwithstanding the fearful admonitions of my friends and relatives. My will was set to win over all obstacles and I heartily believe that it was this relentless determina-

tion that finally secured me the acme of health and vigor.

For twenty-five days not one morsel of food passed my lips. A cup of cool water was taken every hour during the day, which is a great aid in staving off hunger in the early stages. Quite magically hunger makes its adieu on the second or third day and does not reassert itself until there is a real, unfeigned demand for food. The tongue becomes coated and remains so during the entire fast, clearing when a legitimate hunger returns. In my case the tongue remained coated and my breath offensive until the twenty-fifth day, when a gnawing hunger, which I had not experienced for many years, announced itself unmistakably. Then it was that drinking water tasted sweet and savory, a condition which I had never experienced in my whole lifetime.

Having in my possession a copy of Upton Sinclair's book on The Fasting Cure, I decided to adopt the Milk Diet advocated by him. In addition to this I chanced across a copy of The Milk Diet, written by Bernarr Macfadden and Charles Sanford Porter, which assisted materially in making the treatment a most pleasing success. Pursuant to their advice, my extended fast was broken by strained orange juice, taken for two days, followed by a graduated drinking of fresh unpasteurized milk. I began with a cupful of hot milk every hour, increasing to the same quantity every half hour on the third day. By this gradual increase the stomach naturally adjusts itself to the easily assimilated food, and the improvement is astounding. In my case my weight dropped from one hundred and forty five pounds to one hundred and twenty-five during the fast, but ascended to one hundred and thirty-five pounds the first week.



This is James L. Glover of Shelton, Conn.—seventy-three years young. He says his fine crop of hair is the result of daily massage and care of it.

In one month's time my weight scaled the ladder to one hundred and seventy-five pounds, an unprecedented record for me, and I was very exuberant over the result. From an anemic skeleton I had been transformed into a healthy specimen of vigorous manhood. My very pulse throbbed with vitality and stamina. Suddenly I discovered a new interest in life. An indomitable determination has secured me virile and permanent health. A reserve supply of energy has been stored up in my once depraved body that apparently no amount of exertion can sap. My every moment of wakefulness is attended with an overpowering desire to accomplish something. My former lackadaisical interest in athletics became a sedulous relish of every conceivable brand of exercise. A lifelong aspiration to become an athlete seemed possible of realization. It was with this ambition I now turned my attention to weightlifting, wrestling, boxing and football. Weightlifting, with its body-building asset, appealed to me most. By constant application I have been able to attain almost perfect proportions.

Surely the end justified the means employed and it was with considerable thanksgiving that I discerned the rejuvenated body of a once hopeless physical wreck. My doubting friends became confirmed believers, and already the result of my "insane abstinence" has spread like wildfire. In every possible manner I strive to accentuate the benefits of a physical culture régime, for I owe it a life-saving debt which can never be repaid. When lives are literally wrested from the grave, as in my case, it is high time for America's devitalized men and women to become converts of this rational mode of treatment.

C. C. COOK.

San Bernardino, California.



# A Forum for Physical Culture Girls

Conducted by Marion Malcolm

This Department is a personal experience forum in which our Physical Culture Girls may by word or picture relate their physical culture experience—in health building, in athletics, and outdoor life, etc.—and tell what physical culture has meant in their lives. For letters and photographs published in these columns we shall present the contributor with a sterling silver Macfadden League brooch. If the writer personally gives details of her own experience, a year's subscription as well as a pin will be awarded to her.—The Editor.

## Happy and Healthy in Spite of Three Children—and a Husband

TO THE EDITOR:

My idea of physical culture is to keep as close to nature as possible. Natural food, natural exercise, natural outdoor life in the pure air and sunshine amongst the beauties of nature, combined with absolute cleanliness and sufficient rest should produce perfect health.

When I first became acquainted with PHYSICAL CULTURE, I had nothing radically wrong with my system. I was but a frail, pale-looking girl and my appearance frequently called forth sympathy which caused me to think I really must be ill although I had no real cause to believe it. Now, though I am by no means a gigantic person, yet all there is of me is muscle. I have no superfluous fat and my strength and power of endurance are far above that of the average woman.

I have two beautiful and finely developed children, boy and girl. My little girl is a little hard dumpling and full of life and energy. I am expecting my third baby and as in previous cases expect to be active to the last.

We all live a natural, healthy life here amongst the hills about seventeen miles from Wellington. Our house stands on the top of a hill and we have one and one-half acres of land of our own around it, so we get plenty of fresh air and have a large open air sleeping porch.

Part of our ground we keep in its native state of bush, so that the children may have a natural playground and as it is very hilly, their little limbs get plenty of exercise in climbing and are developed accordingly. Of course a large portion of our ground we cultivate, growing flowers, fruit, nuts, vegetables, etc., for our own use.

To my mind, walking is the most natural and healthful exercise of all and at the same time the most enjoyable if one keeps off the main roads and well-beaten tracks.

The great attraction about nature is her simplicity and the nearer one gets to nature, the simpler one's life becomes and the fewer wants one has.

VIOLET WABELIN.

Silverstream, New Zealand.

## P. C. Has Taught This Stenog How to Economize

TO THE EDITOR:

I have tried eating a lot and eating very little. I find I feel better and have pep, less headache, and more good humor if I nearly starve, or my tummy tries to persuade me I am starving. When you are broke sometimes you do not eat too much. Many people have often wondered why I do not board. I do not for the reason that if I board I will feel that I have to eat a lot to get my money's worth. I eat at the cafeterias and get, to my mind, the kind of food I need and also the kind I like. Do you run across many folks who don't eat meat at all? I am one. I am

eating very, very little of anything this month, because I have bought some clothes and my board bill will necessarily have to come down one-third of what it usually is, because if it doesn't, my bank balance will be no balance, but in red figures "Over-drawn."

I wish you would publish an article in your magazine on the fact that "more people die of riding than walking." I have a girl friend who has an ugly complexion. I tell her that if she would walk and not take the street car she would get rid of some of it. I walk eighteen blocks in the morning before I eat. This is the way I make myself do it: If I walk I get my breakfast, and need- less to say, feel like eating and enjoy my breakfast; if I ride on the street car I make myself do without. So you see I have to walk in order to eat.

Your magazine is so encouraging! I

cannot explain it, but it makes me think well, feel well, and be well. That is a great deal, is it not?

I am now making my girl friend buy PHYSICAL CULTURE every month. I believe she will read it if she pays her hard-earned money for it. I won't lend her mine, because I often refer to it for various things.

You folks would die laughing if you could see another young lady in the office with me taking exercise while our beloved bosses are at their lunch!

Charlotte, N. C.

MARY JANE GLOVER.



An outdoor camera study of Miss Blanche Orterson, pupil of Margaret Morris, London, Eng., executing a particularly difficult but attractive movement in dancing.



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Perfect Figure  
for  
Every Woman



MISS VERA ROEHM

world famous Physical Culturist and Fascinating Stage Beauty, who has completed the most effective woman's course ever conceived.

### You Can Become THE WOMAN You Have Always Wanted to Be

With radiant health, rare poise and grace, and a perfect figure you will be more attractive than you ever dared hope. Men will admire you. Women will envy you. You, yourself, will feel like a different woman—a happier, prettier, more carefree one with that pleasing personality which always becomes a part of such a woman.

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is the title of my wonderful, copyrighted course. It is lavishly illustrated with beautifully posed pictures of myself (large size) and treats fully the following subjects: Proper Breathing, Advantages of Systematic Stretching, How to Acquire Perfect Waist Line, Overcome Rounded Shoulders and Weak Spine, How to Acquire Shapely Neck and Shoulders, How to Increase or Reduce Weight, Bust Beautifying, How to Secure Graceful Hips, Development of Thigh and Calf, Elimination of Nervousness, How to Acquire Poise, Splendid Stomach Exercises, Elimination of Constipation and Insomnia, How to Secure Proportionate Development, etc., etc. A better personality is assured you.

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The price is so extremely low, the scope of the course so wide and each subject covered so completely that every woman should order "Womanly Charms" at once. It is a duty you owe to your husband (if you are married), to your friends and most of all to yourself.

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is the fact that anyone ordering this course can get my personal advice on any subject not covered in the book.

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If after examining "Womanly Charms" you are not completely satisfied, return it within 5 days and I will cheerfully refund your money. This is your opportunity to become a happier, healthier and physically better woman. Accept it today by sending a money order, check or \$2.00 in cash (registered letter) to

MISS VERA ROEHM  
Dept. 100.

2310 N. Fifth Street  
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The publishers of this magazine will gladly assure anyone of my absolute responsibility.

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*The Cooke Trained Man is the "Big Pay" Man*

### Life Full of Interest for This Girl

TO THE EDITOR:

At the age of nineteen, having completed the required academic course of a boarding school for girls, I stepped from within its portals out onto the threshold of the world brimming over with accomplishments, but robbed of the most essential thing in life—health.

I weighed less than ninety-eight pounds, measured eighteen inches around the waist, and was a fit victim for a tubercular sanitarium or hospital for nervous wrecks. According to my physicians, I had to undergo at least three operations before I could even begin to be well; one for appendicitis, another for tonsillitis.

Needless to say, I was not only an object of pity to my friends and family, but a burden. It certainly was no inspiration to have me around. The sound of my name always brought forth the exclamation, "How miserably thin."

Vacation brought me into the air. For four previous years I had been a hot-house plant. The doctor suggested that I spend most of the day outdoors in order to gain strength. Little by little strength came, and every day found me indulging in some new physical exercise—sweeping, dusting, and walking to town once a week. Naturally, as I gained strength, I became more interested in social activities; I joined the church choir, and before I could realize what was happening, I was enjoying all the sports of a normal person. Singing and dancing necessitated deep breathing, and that is the bridge that led me from the door of death to further health and prosperity.

It was not long until I began keeping company, and in due time was married to a very prominent young business man of the city. Having a pretty home to care for did not prevent my taking physical gymnastics and walks every day. In order to promote deep breathing, I took up vocal pursuits, which previously were neglected on account of ill health. It was not long before I had applicants for vocal training. With the extra weekly income, I hired a maid and devoted all my time to exercise, study of French and Spanish, and teaching. I can assure you that daily exercise was the most wonderful thing I ever undertook to make myself a changed being.

As health came back to me, my teaching became more interesting, and I began to live a life far beyond all childish dreams. In less than a year's time, I gained so much that my old friends did not know me. My chest became so very plump that others sought my recipe. With the money saved from doctor bills, my husband bought a touring car. I doubled my exercises night and morning, took my surplus cash to the beauty shop, and my husband marvelled at the transformation.

What I did for myself, I resolved to do for others, so I added a course of deep breathing and physical culture to my vocal training, the results of which were astonishing. My students were not only students of singing, but weak, nervous women, seeking health and beauty through the wonderful exercise of deep breathing and physiculture.

Having been very successful in this line of work, I took it up seriously. It was only a short time until I opened up a studio in the main district of the city. I walk to the city every morning and return home at four o'clock and have lunch. I can assure you that my days are very full and happy, with a nice sized income from a profession that I might term "pastime."

Instead of treading the road of an unhappy invalid, I am today, through the miraculous power of physiculture, far out on the road to success, envied by my friends who still plod along in the ditch of "bare existence."

Last, but not least, my husband does not come home to a sick, puny wife. We enjoy life to the fullest extent possible—every day a new honeymoon.

PEARL HUSSEY FLANOGAN.

## MANHOOD—

### Make Your Face Show it



Every real man wants the clear, rugged, ruddy face of a real he-man; the healthy, clean skin and alert expression that comes from a vigorous life in the open air. All men want it—all women admire it. You can have it.

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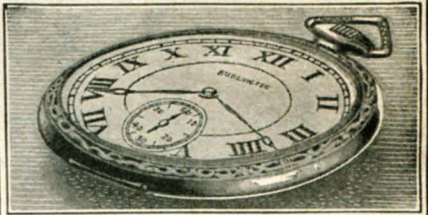
—is a true facial invigorator and tonic prepared for men. Two minutes' use brings the red blood tingling to the surface, removes that oily, sallow appearance and leaves the skin clean, clear, firm and with healthy color. It invigorates and hardens the facial muscles and promotes an alert, forceful expression. A sixty-day treatment—with money back guarantee—will be sent to you for a dollar bill.

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# From Monkey to Man—Hard Work Did That for Me

(Continued from page 51)

temper were due to indigestion and headaches, and not to my excursions into joyland.

It was a repentant but rebellious man that went out seeking work the next day.

I was indeed well-known the length of auto row. They were polite in their refusals at some of the agencies; at others they were frankly outspoken in denying work to a man who had been discharged by the great Glidden firm, after five years of service.

A few days of this sort of discouragement, and John L. Problem had me on the ropes, hitting me hard.

A tire agency finally gave me a chance, but I was kicked out when I came to work one morning sick and dispirited, the "kinks" making my head and stomach miserable, although I had been abstaining for some time. I met one of my old cronies that night and was persuaded to attend a little party. After that it was no trouble for the bunch to rope me and drag me into their corral when there was "something doing." I stopped seeking for work and let myself go. Night after night I struck the joy-living gait; and I sold our possessions to keep it up.

Four months after Mary left me I met her old employer on the street. Seeing a look of disgust on his face, I was about to pass him without speaking, when he stopped me.

"I've just had a letter from Mary," he said. "At her request I've been keeping her informed about you. I'll give you this letter; perhaps it will bring you to your senses."

Thrusting the letter into my hand, he left me without another word.

It was a pitiful letter telling of her heart-sickness because I was falling lower instead of rising to the ideal she had set up for me. In it was revealed the real Mary, the shy, wonderful creature I had driven from me.

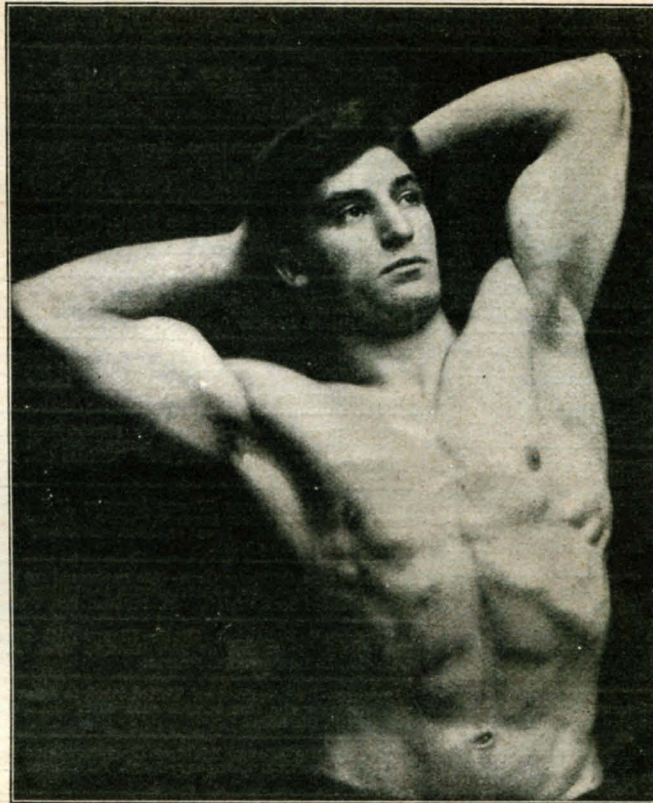
Then, made powerful by remorse, conscience drove folly and illusion from my mind. I saw my physical self in its repellent aspects; and the extent of my mental and moral deterioration was fully revealed. As my condition became sharply pictured to me, hope and pride faded utterly, and I saw my life being completely hidden in the darkness of failure. It was with a conviction that I had nothing more to lose that I desperately began the final struggle.

The letter was postmarked "Torrance," a little town in Oregon, where an aunt of Mary's lived. I felt a wild desire to go to my wife and tell her that at last I fully understood everything, and that now I should try to justify her former faith in

(Continued on page 110)

An amazing, new, easy method never before published

# Real Men



**Made Thru FUN!**

If you have but \$2.00 in the world our advice is to clip the coupon.

It will be the turning point in your life—an investment you'll never regret.

Would you like to put on 10 to 20 pounds of solid muscle during the next month or two? Do you wish to surpass your friends in feats of strength and athletic prowess? Would you like to amaze them with exhibitions of agility and skill—and have them look up to, admire and respect you?

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### Eliminate your weaknesses

Resolve that you will no longer let weakness undermine your health. Think of your sweetheart, your wife and loved ones at home. They want a man they can look up to, admire and respect—and you must not disappoint them.

Our methods enable nature to overcome such ailments as constipations, prostate trouble, nervous depletion, bad blood, round shoulders, flat chest and the many other results of physical neglect and carelessness.

You can be just as healthy, strong and agile as anyone. You can secure the admiration of every one both male and female. You can develop the nervous energy, aggressive dominance and mental alertness that makes others successful. You can be everything that a man should be.

The opportunity is yours! Will you accept it?

### An expert's opinion—

"We realize that muscular strength does not necessarily insure us of health, agility and ability to do things that require clever combina-

tions of muscle action. Where exercise is sport, is good fun, it does more than build muscle and bring health. When we laugh and frolic we expand our muscles, work better, our blood flows more freely and the brain is clearer. Then it is recreation. We are made over—we forget the effort put forth and the little daily worries slink away.

How good it is to feel that the body is developing as a whole and one part naturally in relation to the other parts. For these reasons I am firmly convinced that your methods are far superior to any others." W. J. C.

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(Continued on page 111)



# This Little Book Tells Why Most People Are Half Sick All the Time

*It Is Free for the Asking*

By WALTER WALGROVE

Present-day statistics prove that the human race, especially in America, is longer-lived, on the average, than fifty years ago—And there are good reasons for this—

With the advent of present day methods by Health Officers, especially in large cities, humanity is protected from many of the disease-breeding factors to which our forefathers were subjected.

In addition to this, we are a little more careful of ourselves. We have been better educated by intelligent propaganda to guard against many of the old and common errors.

If we find ourselves in drafts, we get out of them.

If we notice symptoms of a cold, we immediately try to break it up.

If we get wet feet, we change to dry stockings and perhaps rub with alcohol (de-natured).

If someone sneezes behind us, we hold our breath for a moment (if we are wise—)

And yet, the most common and persistent source of many serious ills has not yet received the attention it properly deserves. This neglect can be accounted for because the symptoms of attack are not so immediately noticeable and often take longer to seriously affect us than the others—

But it is the amazing fact that Physicians trace the great majority of human illness to accumulated waste in the lower intestine, the virulent poisons of which are taken up by the blood circulation and drag down all our functions, making us dull, nervous, headachy, devoid of ambition—indeed, half tired, half sick long before real illness comes.

Not only is lack of hard, physical labor responsible for this, but our daily foods have been refined and re-refined until there is now little, if any, of the "roughage" in them that helped our forefathers solve this serious problem.

And no matter how regular you may be, if you ever find the need of a laxative or liver medicine, you are accumulating this poisonous waste—not a doubt of it!

There is a way—a purely natural way—without drugs and without fail—to keep the lower intestine thoroughly free from all poisonous waste and as consistently clean as it must be to promote and preserve good health.

That way is the Internal Bath, now known and being used by over a million

progressive Americans, many of whom hardly enjoyed a well day before practicing it, but are now healthy, happy and revelling in the joy and success, social and in business, which always attend sparkling good-health.

Pure warm water, properly used, is a wonderful cleanser, as you know—and in no way has it better demonstrated its great purifying and curative powers than in the eliminating of this dangerous waste, doing for mankind in ten minutes more than drugs could ever do—drugs of myriad kinds having been tried for this purpose with at best only temporary effect, more frequently with none at all.

When you try an Internal Bath, you are simply amazed next morning at the difference in your feelings; just as you would if you were pulling a wagon with a stone-drag behind it, and the drag were suddenly removed—

And that, indeed, is the case—the drag has been removed—the physical handicap has gone. Sound, restful, refreshing sleep has been yours. Your heart, lungs and blood have had a chance to throw off all impurities without adding any new ones, and you awaken with a sense of refreshing lightness and clearness, difficult to describe. Your appetite is keen, your digestion is improved, you are enthusiastically eager for the duties of the new day—whatever these may be—you feel as though you were re-born. I always do.

You will doubtless agree that no one can afford to be uninformed in this progressive age about a practice which has done so much in promoting better health and strength, especially when such information is free for the asking.

I am authorized to say that if you will drop a line or a postcard to Tyrrell's Hygienic Institute, 152 West 65th Street, New York City, and mention having read this in *PHYSICAL CULTURE*, you will promptly receive—without cost or any obligation—a most interesting little book called "The What, the Why, the Way of Internal Baths."

This book shows how simple and natural the method is and will, I am quite sure, tell you scientifically correct facts about yourself that you have never known or realized. Why not write now—today—for this useful information. It is very apt to be useful in an emergency.

(Continued from page 107)

me. After considering the problem from every angle, it seemed a necessity to see her at once. So I scraped together enough money to pay for my journey.

But on the train I fell again. I found myself with some gay spirits, and before the train was well-away from San Francisco, bottles were being passed around. I was nervous as a caged wildcat and suffering from lack of sleep. Sad to say, I yielded easily. Before long our group was engaged in a game of poker. When I left the train at Ballard, I was unshaven, penniless and sick.

Torrance was twenty miles from this town and was reached by an auto stage. Just then I felt too abject and wretched to face Mary, even had I possessed the means and money to reach her.

I walked aimlessly around the town, wondering whether drowning would be an easier death than walking across the highway with my eyes shut. Finally, my wanderings brought me to a brick-yard.

I entered the mill and watched the wet brick being taken from the conveyor and placed on cars, which were then wheeled to the yard and unloaded by two men, who stacked the pallets that held the brick upon boards spread along the ground.

Something in the manner of the men who were working there—their cheerfulness, their exuberance and their hilarity when someone passed a joke—made me envious. The thought came to me: if I could only be like them. Considering my own status, I felt that I was a tramp. I was broke and hungry and without means of support. A moment before I had been considering the garages and agencies in the town with the thought of securing work there. Now the idea came to me, as I sensed the happiness of these men, that perhaps what I needed was hard manual toil. There was no man there with as big a frame as myself. I felt that I could do their work easier than they, and that it might give me back the vitality and physical power I had lost.

I asked the foreman for a job. He told me that one of the setting crew was unloading cars, and that I could have that job if I thought I could stand it. So I worked that afternoon, under a warm April sun.

At the end of the first hour I felt I must quit. In that time I had lifted two hundred pallets from the cars, each one holding fifty pounds of brick, and I had carried them for several feet and stacked them on the base-boards. My hands were raw; my clothing was wet; my eyes were burned from the sweat that was streaming into them; and the flabby muscles I was bringing into play seemed like strips and bars of white-hot iron. But the spirit of battle blazed up within me. Here, I felt, was something tangible to be conquered. Here was something that was punishing me every moment; and I fancied that every pallet I jerked from a

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# Classified Advertising

(Continued from page 109)



## Miscellaneous

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**"The Contents Of The New Testament:"** Haven McClure (Harvard: Chicago). The New Testament phenomena in the light of modern science. \$1.50. Macmillan Co., N. Y. C.

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**Physical Culture Colony Magazine,** 25 Cents. Oscar Knopf, Tujunga, Cal.

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car and slammed on the stack was a blow against an unseen enemy.

I stuck.

That night I crawled without supper into bed at the little boarding house. I was too tired to eat. I slept for ten solid hours. I awoke one huge, quivering ache when the morning gong rang. I felt twice my normal size, but I forced myself from bed. I dressed and washed and scorned to shave as the odor of bacon came to me from below. I descended to breakfast, and as the Scriptures say, I did eat.

There were four more days in that week. I suffered so that even thoughts of Mary were forced from my mind. Why and how I stayed with this most wearying of all toil I cannot say. Nor can I explain the powerful feeling I had that it was supremely important for me to keep my job.

My first Sunday I slept until 11 o'clock; and that afternoon I rested and dozed in the shade of a great oak tree. Monday morning I awoke with a sense of well-being that I had not experienced for years.

That week was much easier for me. I was big and still young, and as my body cast off its accumulations of poisons, I felt the vigor of new life pulsing through me. And I found the joy of a new kind of human companionship. Here was a different kind of "gang." These men worked hard, slept long and played vigorously. Their dissipations were the movies, Saturday night dances and Sunday car rides. Their interests were their families and homes, cordwood contracts for the winter months, berry picking, fruit canning, the price of groceries, of gingham and of overalls. And I found that these things could have engrossing interest for me, too.

Proud of the improvement I was slowly winning, I made up my mind to not see Mary until I could show her definite proof that I was on my feet again. I was confident that it would not be long.

After two weeks I discovered that I was acquiring surplus energy. The "kinks" had vanished utterly. I was tanned; and under the vanishing fat I found with pride and awe that I had ridges over my stomach and ripples and bulges on my back and arms. I began to make plans, with hope surging strongly in my heart. The idea came to me that I should look in the place where I was working for the hidden element, the elusive opportunity of environment or events, which makes success in the enterprises of life and business.

So I commenced to study, searching for the mysterious ingredient.

The brickyard had been operating only a year, and the owner, Mr. Burnham, had not developed a market. He had a bank of superior clay that was especially good for tile, which he had been using for brick, pending the completion of a down-draft kiln. I gathered what information I could regarding the properties of Oregon

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treatment is Nature's own method of application. With each breath you take you inhale pure medicated vapors that penetrate every air canal of the respiratory organs. These soothing and healing vapors open the clogged nostrils, clear the head, reduce the swollen membrane, kill the germs, and make breathing easy and natural. Washes, douches, atomizers, and patent smokes are utterly useless to properly reach the affected parts. No other method of treatment can compare with Breathe-O-Tol. You will be amazed and delighted at its remarkable work.

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GEORGE T. MCCONNELL,  
Pittsburgh, Pa.

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J. LEWIS,  
New York City.

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clays and watched and patiently waited.

One day I learned that he was about to lose an order for five hundred thousand common brick and three hundred thousand tapestry brick, because he could not meet the prices quoted by yards in the city where the building was to be erected, and pay the extra shipping costs.

That evening I went to Mr. Burnham's home and told him my story. I told him of my success as a salesman, and he believed me. And he showed such kindly interest in the history of my failure that I was inspired when I began to unfold my plans. My eloquence must have been marvelous to have made him decide to give the handling of such an important deal to a laborer in his yard. But I won with him, and I won the order, with the help of one of the best of the state's ceramic engineers. There were days of labor spent in making analyses and compiling figures, but they made it simple to convince that contractor that the use of any clay product but ours would be building suicide.

Mr. Burnham had been doing his own bookkeeping and office work, and he now turned this over to me, with the understanding that I should load up the trucks and wagons that came in daily for small orders. I was promoted! And he spoke of giving me a chance to acquire a small interest in the yard. Now, I thought, I have real tidings for Mary.

So I went to Torrance one afternoon to find her. As I approached the house to which I had been directed, I saw Mary step out on the porch, dragging a big chair behind her. I stopped and gazed at her, a great stir of longing in my heart. And then that organ nearly ceased to beat. For she stepped into the house and instantly reappeared with a baby in her arms! I don't know how I landed on the porch; the next thing I remember we were in a wild, weepy clench, and little Bill was howling like an Indian.

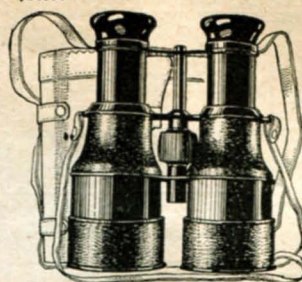
There is little more to tell. Mary and I have a little brick home in Ballard. We live simply; and our chief interests are fruit trees, berry bushes, gardens, the prices of groceries, gingham and overalls, the brick market and one wonderful baby.

John L. Problem is licked forever.

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If you find an appeal in the above story on the making of a man out of a cheap sport, then you will particularly find in yourself a responsive chord when you read the big feature story next month about "Man Triumphant," which is the physical culture ideal carved out of marble by one of the world's greatest sculptors, David Edstrom. Edstrom is a great artist, in part because he has made it his business to interpret life—nothing pessimistic, perverse, gloomy. If you can assimilate the philosophy of David Edstrom and his interpretation of life it may be, or should be, the means of revolutionizing your own personal psychology.

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## Fasting—Nature's Wonder-Working Cure

(Continued from page 48)

The 51-day faster referred to, Mr. George Propheter of New York City, thus relates his experience: "When I commenced this fast (in December 1901), I determined to go about my affairs as usual without paying any attention to the unpleasant sensations of my body. While it was in progress, I visited the Pan-American Exposition in Buffalo for a couple of weeks, and the balance of the time was at my office in New York, or in the country. Every day while it lasted I walked from five to twelve miles."

A case of fasting-cure which should interest a large class of sufferers, was that of Ambrose Taylor, sixty years of age, who undertook it for the cure of rheumatism with which he was afflicted for years, and which finally confined him to his bed. For the first three or four days he wrestled with the usual demands of habit-bred appetite, and on the fifth he had an attack of partial paralysis which naturally alarmed him. His physician who prescribed the fast, however, succeeded in persuading him that this was only evidence of an extra effort of the vital forces to rid the body of disease, and if he would but persevere he would see the paralysis and rheumatism both disappear. A few days later he had another stroke of paralysis, and still later another, but as these were much lighter than the first, he persisted in the fast, quaintly remarking, "when I saw how things were going, I became so absorbed in watching the paralysis that I forgot about my rheumatism." His faith was rewarded, for a few days after the last stroke, he delightedly discovered that his rheumatic leg which he had not been able to straighten out in years, had become perfectly limber, and at the end of a 23-day fast all symptoms of paralysis had disappeared, and the rheumatism was almost cured, that being a malady—as all who have had it can testify—whose obstinacy is not to be won over in a jiffy. I venture the confident prediction, however, that wherever vitality and will-power are strong, an intelligent fasting regimen, diet and hygienic living, will cure the most stubborn case of rheumatism, as of every other blood disease.

In an article the length of this one, space does not permit a very extended account of case cures, though they are more illuminating and also more convincing—when well-authenticated—to the unbelieving, than any enunciation of abstract principles on which the curative power in fasting rests. The physiological facts at the root of this power, however, seem so little understood, either by the laity or the medical profession from



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whom most popular notions about health are derived, that a word of explanation at this point seems pertinent.

To the Nature curist who invariably takes his cue from natural indices, the lack of *desire* for food in illness, is sufficient ground for abstaining from it. He observes that all sick animals are unanimous in their rejection of it; and natural instinct in the dumb creatures is truer to "the heart of things," less overlaid with the artificialities of "civilization," than in the human animal. Again, since those of Nature Cure faith and practice believe all diseases arising within the body to be the result of prolonged auto-toxemia, or systemic blood-poisoning; due primarily to obstruction in the circulation—the clogging up of blood vessels, capillaries, and nerve filaments, whether from chemical or mechanical causes; they think the first step in the treatment is the removal of this obstruction, whose presence is indicated by the visible symptoms of inflammation, fever, loss of appetite, etc. Unlike the allopath, the naturopath does not regard these outward symptoms—which so alarm the medical men and their patients—as inimical to health. On the contrary, he looks on them as the outward expression of Nature's inner efforts at "house-cleaning", at getting out the accumulated toxic matter—undigested food remains and dead cell waste—which through faulty functioning the organs of depuration have failed to expel in the normal way. Unlike the allopath, the naturopath does not feel called upon to *combat* and *suppress* these friendly efforts of Nature, but only to assist and acquiesce in the good work of elimination *by leaving her alone* for the most part; and he does not combat the lack of appetite any more than any other natural symptom, for this reason; and because, so long as the digestive apparatus is functioning abnormally—as is always the case in illness—it does not appear to him particularly logical or sensible to be introducing additional filth while Nature is engaged in extra-normal efforts to clear out the already excessive accumulations.

Besides the great gain derived from the complete rest of the digestive apparatus in the curative fast, and from the cessation of further toxic accumulations, Nature gets additional help in her house-cleaning from the fact that the digestive organs, released from the work of digestion and assimilation, become eliminative, instead of assimilative, in their functioning, and help to throw out the poison throughout the entire alimentary tract, from the salivary glands to the anus; and this is shown in the more heavily coated tongue and the foul breath which appear among the early symptoms in fasting. Since the adherents of the Naturopathic School do not agree with the Regulars as to the *source* of bodily strength, the former not believing for a moment that all our strength is derived from the few ounces of food consumed per day, they naturally dissent

from the allopathic dogma that the sick must eat in order "to keep up their strength."

The source of bodily strength, according to naturopathic belief, is the great Central Source of all life and force—whatever that may be in terms of ultimates; and the only part played in its outward manifestation by food, air, and exercise, is in keeping the body a *fit instrument* for the transmission of the Cosmic Energy. When the body becomes clogged up with disease, it ceases to be a fit transmitter of the universal force; hence the prostration from weakness familiar in illness. In proportion as the toxic matter is cleared out of the system *by natural means* the strength returns; and since judicious fasting is the most thorough and effective method for eliminating systemic poison known to science, this explains the seeming paradox of the faster's strength being greater at the close, than at the beginning of his fast.

Now of course, the mighty ones of the medical world, or the majority of them at least, do not accept this as a scientific fact; and unhappily, the people have been so trained in unquestioning faith in these as the oracles of wisdom in all matters pertaining to health, that to the popular mind science is never justified of its votaries unless they be medical votaries.

Fortunately, there came in the fulness of time in this country, a medical man of the strictest Allopathic sect, and of the strictest Regular pattern, who not only discovered and established this truth about the curative fast in actual practice, but gave a physiological explanation of it which satisfied all the demands of science, and received the endorsement of the greatest medical authorities of England and Scotland, and of some lesser ones in America; though as usual, the majority continued to revile and persecute the apostle of this new truth even as the ancient Jews stoned Saul of Tarsus.

This medical pioneer of the fasting cure in America, was Dr. Edward Hooker Dewey, a native of Meadville, Pennsylvania, who obtained his medical degree from the University of Michigan just in time to get some valuable experience in one of the large army hospitals at Chattanooga, Tennessee, in the closing year of the Civil War. Concerning this part of his medical education, he says in his book on "The Fasting Cure," page 17: "The features of my hospital service that impressed me most, were the post-mortem revelations, and the diverse treatments for the same disease. I soon found that, no matter what the disease, every surgeon was a law to himself as to the quality, quantity, and times of his doses, with the mortality in the wards apparently the same. Post-mortem examinations often revealed chronic diseases whose existence could not have been suspected during life, and yet had made death inevitable"—irrespective of shot and shell.

(Continued on page 116)





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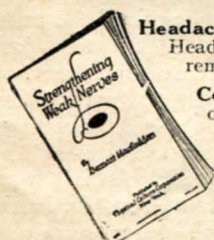
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(Continued from page 114)

The last of the italicized phrases in this statement (italics all mine), sheds a revealing ray on the erroneous statements frequently put forth by the medical profession and echoed by the populace, that such and such an individual "in perfect health" was suddenly stricken with some dread malady, like apoplexy or cancer; thus fostering the fallacious doctrine that disease is simply an "attack" from the outside, instead of the summing up of the results of violated laws going on perhaps from birth, which is what it actually is; and the apparent "health" preceding the breakdown is merely evidence of Nature's "long credits" to the offenders against her laws. Dr. Dewey's hospital observation about the "diverse treatments for the same disease" bringing the same results, no doubt weakened his faith in the orthodox medical remedies and helped to prepare his mind for the reception of the truth, that absolute abstention from food in acute sickness is superior to any drug remedy, when there came to him in his practice a practical demonstration of it, quite by accident. The experience is best told in his own words, page 26 of "The Fasting Cure:"

"I was called one day to one of the families of the poorest of the poor, where I found a case that set me thinking. The patient was a sallow, overgrown girl in early maturity, with a history of several months of digestive and other troubles. She was so sick that for three weeks, not one dose of medicine, not one drink of water even was retained, and it was not until several more days that water could be borne. When finally water could be retained, my patient grew brighter in mind, her complexion was clearer, and she seemed actually stronger. As for the tongue, which at first was heavily coated, the improvement was striking; while the breath, utterly foul at first, was much less offensive, and in every way the patient was undoubtedly better. I was so surprised at this, that I determined at once to let the good work go on, on Nature's own terms, and so it did until about the thirty-fifth day, when there was a call, not for the undertaker, but for food, a call that marked the close of the disease. The pulse and temperature had become normal, and the tongue was as clean as a nursing infant's. Up to this time, this was the most severely sick case I ever had that recovered, and yet with no more wasting of the body than with other cases of protracted sickness in which more or less food was given and retained. And all this with only water for thirst until hunger came, and a complete cure!"

Dr. Dewey's comment on this case, in its satirical application to medical authority, is noteworthy: "Such ignoring of medical faith and practice, of the accumulated wisdom and experience of all medical history, I had never seen before. Had the patient been able to take both food and medicine, and I had prohibited

them, and by chance death had occurred, I would have been held guilty of putting the patient to death—from starvation. Feed, feed the sick whether or not, say all the doctors, say all the books, to support strength or keep life in the body; and yet Nature was absurd enough to ignore all human practice evolved from experience, and in her own way to support vital power while curing the disease."

Although much puzzled as to the precise way in which Nature was able to do this, Dr. Dewey was so profoundly impressed by the facts in this case,—and believing that an ounce of fact is worth several tons of theory—that he began to apply the same methods in his general practice, and with the same general results. He had no fatalities that could be chargeable to enforced lack of food; his patients showed no greater bodily waste than those who received the orthodox treatment; and his typhoid patients, particularly, as was proven by actual comparison recovered oftener, more quickly, and with less loss of weight, than those who were dosed and fed. Still on the physiological side, it was all a deep, dark mystery to Dr. Dewey, until one day the light broke.

"For years I saw my patients grow into the strength of health without the slightest clue to the mystery, and then one day I chanced to open a new edition of Yeo's Physiology at the page giving this table of estimated losses of bodily tissues in death from starvation: Fat, 97 per cent.; Muscle, 30 per cent.; Liver, 56 per cent.; Spleen, 63 per cent.; Blood, 17 per cent., and Nerve-centers, 0. And light came as if the sun had suddenly shone at midnight. Instantly I saw in human bodies a vast reserve of predigested food, with the brain in possession of power to so absorb it as to maintain structural integrity in the absence of food or power to digest it. This eliminated the brain entirely as an organ that needs to be fed from light-diet kitchens in acute sickness. I now knew that the brain feeds itself by absorbing the other bodily tissues, and that this explains its functional clearness where bodies have become skeletons. I now knew there could be no death from starvation until the body was reduced to the skeleton condition; that to die of starvation is, therefore, not a matter of days, but of weeks and months; certainly a period far beyond the average time of recovery from acute disease."

Dr. I. J. Eales of Belleville, Mo. who tried the fasting cure successfully in his own case for reduction of surplus weight, kidney and heart trouble, says that after reading Dr. Dewey's book, he found similar tables computed by two other physiologists, Professors Chossat and Voit, which practically agree with Yeo's; indicating Nature's wise economy, not only in providing the brain with power to feed itself by absorbing the other tissues, but in having those absorbed inversely in the order of their importance. Thus the

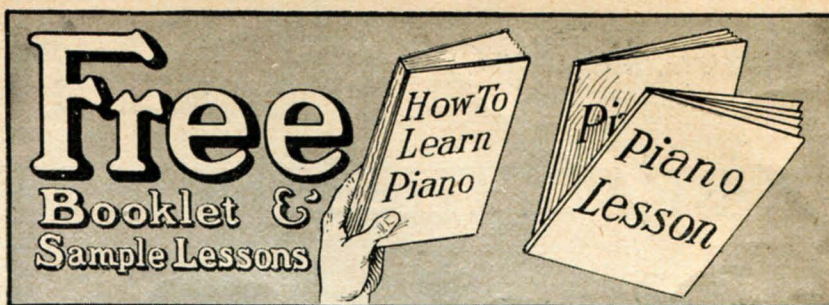


fat, which can best be spared, is at one end of the scale, while the brain and nerve centers, the power-house and dynamo of the human plant, are left intact to the last.

Surely here is physiological vindication of fasting for disease, which should satisfy the hardest-headed M. D., even the most materialistic type, who believes the brain oozes thought as the liver oozes bile, or the pancreas distills pancreatic juice! Dr. Dewey embodied his views on fasting and his experiences with it as a practical curative measure, in a book entitled, "The True Science of Living," published in 1895, which carried an introduction by an eminent preacher who had personally tested the treatment recommended in it; and which was warmly commended by such eminent physicians across the water as Dr. George S. Keith, and Dr. A. Rabagliati in Scotland, while Alexander Haig in London, author of "Uric Acid as a Factor in the Cause of Disease," said of it: "Dr. Dewey's logic seems unanswerable." Later there were other books by Dr. Dewey, on the same general theme, one of which, "The No-Breakfast Plan and The Fasting Cure," as its name implies, prescribing curative fasting in illness, advocates the omission of breakfast for persons in health as a means of keeping fit. The plan, especially recommended to brain-workers, is based on the theory that the brain renews its strength more in sleep than by food; and as digestion involves a severe tax on the brain, the morning meal is a needless waste of brain-power fresh from a night of slumber, which could be much more effectively employed in other work if freed from the demands of the stomach, which Dr. Dewey claims can very easily be deferred for another four or five hours after waking. He says: "The instant result of a total suspension of the use of the brain-power in the digestive tract, is the evolution of life; new life is sent to the remotest cell as by an electric charge."

The idea gained wider acceptance in England, where "No-Breakfast Clubs" became quite popular, than in America; although numerous individuals tried out the plan here with very gratifying results. One such reported in the press, was C. C. H. Cowan, a citizen of Warrensburg, Ill., who having suffered from chronic nasal and throat catarrh for a number of years, and since reading Dr. Dewey's books had derived some benefit from the no-breakfast plan, decided early in 1899 to test the efficacy of a prolonged fast for a complete cure in his case. He thought if there was anything in the Dewey theory about the absorption or expulsion of old tissues in fasting, he might hope to throw off the old mucous membranes and get new linings in their stead. So beginning March 2nd, he did not allow a bite of food, solid or liquid to pass his lips for forty-two days, breaking his fast on April 13th. With the exception of the loss of thirty pounds of flesh which mate-

(Continued on page 119)



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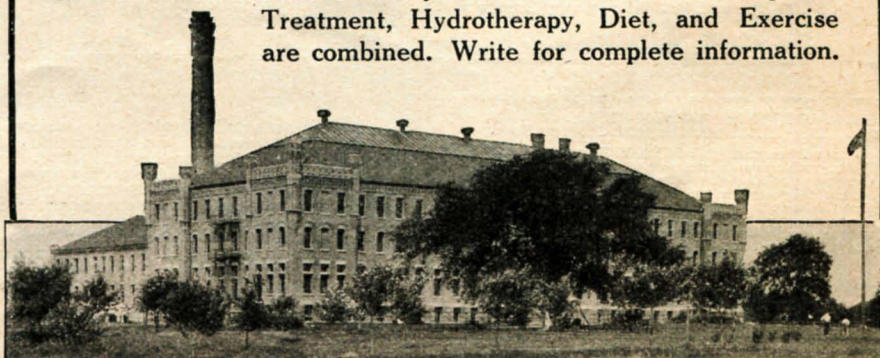
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(Continued from page 117)

rially changed his appearance, Mr. Cowan showed no ill effects from his undertaking, and says he felt none. He told the reporter that when he began he had no idea of continuing the fast for forty days, but as after the first few days he felt no desire for food, he persisted until he felt hungry—which, according to the theory of scientific fasting, is the signal for the return of health—which occurred on the forty-second day. During this time Mr. Cowan took only water, and not a great deal of that, drinking only when he felt thirsty, and attended to all his customary duties. The newspaper report (Herald-Dispatch, Decatur, Ill.) relates: "Mr. Cowan feels confident his stomach has been relined, and for the present he knows that his catarrh has left him. His only inconvenience was from the worry and importunities of his family and friends, who thought he had lost his mind."

The same year, another disciple of Dr. Dewey's ideas, Mr. Milton Rathbun, a prosperous grain merchant of New York City, underwent a twenty-eight-day fast for reduction of overweight, fearing apoplexy, as he was fifty-four years of age; and he succeeded in laying off forty-two pounds in those twenty-eight days, during which he had nothing but water. His case was reported in the N. Y. Press of June 6, 1899, which related that Mr. Rathbun consulted two physicians while the fast was going on, to see if he were suffering any injury he could not appreciate himself. One of them, Dr. F. B. Carpenter of Madison Avenue and 38th Street, saw him on the eighteenth and twenty-first days, and Dr. George J. Helmer of Madison Avenue and 31st Street, looked him over on the twenty-fifth day of his fast, both expressing great astonishment at his excellent condition. The faster went every day from his home in Mt. Vernon to his office in the city, where he says he worked longer hours than usual, and suffered no inconvenience except from the anxiety of friends. He says: "The men in my employ were much concerned about me, as they saw my constant wearing away on the scales, as I used to weigh every night before leaving the office. Finally they appointed a committee to wait on me, headed by my manager who brought along some fine ripe cherries to tempt me. I told him I would not eat them for one thousand dollars, as I was thoroughly interested in the fast by that time and would not have stopped. On the twenty-eighth day I began to feel hungry, and on the twenty-ninth I drank a little bouillon, and afterward, from day to day increased the amount of food to normal."

To both of these fasters Dr. Dewey sent the cheering message he gave to all his patients: "Go on a fast and stick to it until hunger comes, or until your friends begin to suffer the pangs of sympathetic starvation; then compromise with the sin of ignorance by eating the least that will

bring peace to their troubled souls!"

And nowhere is "the sin of ignorance" more in evidence than in the medical profession. Witness this, taken from the "Layman's Handbook," (page 116) published as late as 1916, whose author, Dr. Richard Cabot, is also chief of staff of the Massachusetts General Hospital: "A good many foods are cut out of invalids' diet because they are said to be 'indigestible,'" says Dr. Cabot, "but in reality only because they require a good deal of chewing. A person fighting typhoid fever should not have any extra muscular work put on him, like walking, talking, chewing. Today this is about the only limitation we put on the foods of febrile patients. It used to be supposed that fever patients could not take meat, but only because in the ordinary form it is too much work to chew. If chopped up fine, (Sure, hash is fine, also sausage—for fever patients!) they will generally take care of it perfectly well. All our typhoid patients at the Massachusetts General Hospital are now allowed meat during the worst periods of the disease." (Italics mine.)

Place over against this the preface to Dr. Dewey's "Fasting Cure," published in 1900: "This is the story of an evolution in the professional care of the sick, which began in inexperience and a haze of medical superstition, and ends with a faith that Nature is the all in all in the cure of disease. The hygiene unfolded is original and revolutionary; its practicality is of the largest, and its physiology beyond any possible question. The reader is assured that every line has been written with conviction at white heat, that enforced food in sickness, and the drug that corrodes, are professional barbarisms unworthy of the times in which we live."

There is no evidence, however, that Dr. Dewey had given much study to food chemistry in its relation to bio-chemistry, or that he properly realized the importance of maintaining a chemical balance in the dietary. His advice about the first part of a curative diet—the fast—is excellent, and the physiology of it as worked out by him the most valuable contribution to the subject made by any one; but for the best method of breaking the fast, and the best kind of food with which to follow it up, the ailing reader will get safer counsel from Alfred McCann's writings and from the PHYSICAL CULTURE editors than from any medically trained man. The essential features of the curative diet are, a minimum of protein food, and a maximum of food minerals, or the foods rich in mineral salts and vitamins, and these are usually omitted entirely from medical diets.

Glancing through an old number of one of the standard magazines recently, my eye fell on an article entitled, "Advice from a President's Physician." The editor played up the fact that the writer of the article had indeed been physician to three presidents, one of whom had



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gratefully bestowed on him the rank of Rear-Admiral. So much political prestige, in the editor's judgment apparently, carried extraordinary qualifications for giving "advice;" and the magazine had doubtless paid the Doctor-Admiral a good round sum to inform its readers that America's public men in Washington—and everywhere else—eat too much; that "every housekeeper should have knowledge of the three type-foods, protein, carbohydrate, and fat, and of the proportions in which they should exist in normal diet;" that "a moderate worker, weighing about 150 pounds, should take food to yield him 2500 calories, but if engaged in hard manual labor, his requirements rise to 3000 or 3500!" This doctor-admiral had evidently been traveling some in our

street-cars and subways, since he had heard about *vitamines*, which he pronounced "a passing fad," but thought the talk about them might be useful in acquainting people with "the cardinal food elements"—proteids, carbohydrates, and fats!

I think it wouldn't be a bad idea, to make rear-admirals of most of our medical big-guns, if only we could devise some way to muzzle them and prevent their giving advice about diet. Some naturopaths advocate a special preparation for patients who take the curative fast; but it seems to me the chief preparation required is mental; to divest the mind of fallacies implanted by the medical profession, and the fear, which causes most of the reported deaths from "starvation."

## Love and Marriage 100 Years from Now

(Continued from page 55)

Oliver and Mary bathing together to the day when I looked with pure admiration at those fifty waiting nymphs.

I wish I knew more about the art of swimming so that I could describe the race in detail. I can swim, of course, and I had seen swimming races in my time, but anything like the speed of the swimmers of this time I had never even dreamed of.

The stroke, as well as I could make it out, was not unlike what we called the crawl in my time, but it was much smoother and more deliberate; and the glistening bodies glided through the water with an ease and grace marvelous to see.

At a signal the fifty bodies cut the water almost in the same instant. I believe there was never a moment when the race was in doubt. Dorothy took the lead at the start and never lost it. She glided along in the water without any seeming effort, but always widening the gap between her and Mary, who was her nearest competitor, until at the finish she had a lead of six or seven yards.

I joined in the shout of acclaim that went up from the thousands of throats. I don't hesitate to say that nothing else in the whole list of events gave me the same pleasure. In the running, too, Dorothy was an easy winner, showing herself to be a true daughter of her mother. I am not afraid to venture the opinion that in time Dorothy will take the award for beauty.

Mary had the grace to congratulate Dorothy on her victory, but was tactless enough to say that she believed she could beat her at fifty yards. Dorothy only laughed and patted her on the shoulder.

The sports lasted a full week and contained many surprises for me. One of the greatest was the discovery that among the contestants were professors eminent for their learning; bankers, merchants, industrial leaders, actors, actresses, clergymen, engineers, architects, artists,

musicians. Altogether it was a remarkable gathering. Mr. Mason told me that it was a notable fact that there was no man or woman who led in the various activities of life who did not also lead in the sports.

To me, remembering how little care was taken of our bodies in my time, this was wonderful. In fact, if I am not mistaken, a man of thought or affairs in my time would have been ashamed to give any time to healthful play, and would have been practically declassé if he had tried to excel in sports. And now these men are prouder of the honors they gain in the sports than of any they gain elsewhere!

As Mr. Mason said, however, no argument is needed to prove that anyone's brain must function better in a strong, healthy body than in a sickly or feeble one. Certainly no argument was needed to prove it to me, anyhow.

### CHAPTER XX

The sports interested me so much that I could go on talking of them indefinitely; but there are other things I must speak of, so I must turn to them. Before I leave the subject, however, I must mention one fact in that connection. In my time adults not only ceased to take active interest in sports, but indeed gave up play almost as soon as they took up work.

They would pack the benches to look on at a football game, or a game of baseball, but they wouldn't dream of playing themselves. The result was that by the time a man or woman reached forty years of age, he or she became fat and soft and actually unable to play. Now your man of affairs and your mother of a family play games with the same zest and enjoyment that our children did. And they keep it up, not for the sake of health but for the fun of it.

When, in my time, men and women



reached the age of seventy, they, for the most part, settled down to wait for death with hardened arteries, weak hearts and stiff joints. Now I see men and women of seventy running, jumping, laughing at play. When I remember that these seventy-year-olds did not begin life with the advantages of present day children, I no longer marvel at your belief that even two hundred years is not the age limit.

And that brings me to the matter of the advantages of present day children. I agree with Mr. Mason that the greatest of these is the absence of mystery. None of the functionings of the body is made unduly attractive by clothing it in secrecy. Information is given to a child whenever it is asked for, fully and freely. Nobody in these days talks of modesty, shame, obscenity.

I say nobody, but in fact I am told that there are persons who call themselves reformers, who would have the old, vile days brought back. But these abnormal persons are generally laughed at, and are permitted to go about their work of reforming without disturbance, without let or hindrance. Anyone who digs his ideas up out of the past and declares them good because they are old and for no other reason, is looked upon with pity. On the other hand, anyone with a new idea or even an old one that is supported by reason, is hailed gladly and given a respectful hearing.

Another great advantage that children have now over those of my time is the schools. In every large city, I am told, there is preserved one of the big buildings that in my time were used as schools. And how proud we were of our schools! Prisons, Mr. Mason calls them; and I can see now that they were.

Most children in my time were compelled to go to school; we were almost literally driven there by our parents. And there were truant officers whose business it was to hunt up children who refused to go to school! How my friends the Masons laughed when I told them of that! And I understood why they laughed when I discovered that the schools nowadays are such delightful places that the children love them.

The fundamental idea now is that nothing is so important to the world as the welfare of children. The paramount notion is to fit them for life. Teachers are honored as no other class is. They must qualify by evidence of physical, mental and moral excellence; they must have been successful parents.

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It seemed to me a very haphazard way of teaching, but I must admit that I

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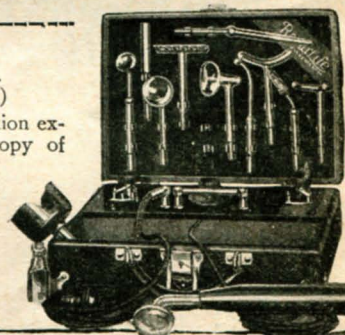
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never in my day saw such bright, intelligent, happy children. As well as I can judge, being an ignorant man myself, the children have no tasks such as we had, but rather absorb knowledge.

I recalled what an awful time I had with grammar, and it led me to ask to see the grammar the children studied, for I had been struck by the purity of the English used by them. I was told there were no text books used, but that correct and careful English was taught incidentally all the time. And if a child wished to know at any time why one set of words was better than another, the reason was given; not a rule. And so it was in arithmetic. When I was a boy at school I did examples by certain rules, quite unaware that there really were good reasons for multiplying, adding, dividing or subtracting. Nowadays a child knows why it does anything with figures. Moreover it is always allowed to see the relation between the thing it is told and its relation to life.

There, I suppose, is the difference between the present way and the way in my time. In my time there was no relation between school and life. School was a sort of penance every child was compelled to pay for being a child. Then afterward came life, which had to be learned in the hard school of experience, where most of the things that had been crammed into us at school were forgotten. To-day a child is learning to live; and it doesn't take a new start after leaving school, but goes on naturally and easily. And what is more they go right on learning, most of them hungry for more knowledge.

With us great stress was laid on imitation in children: now the great stress is laid on the creative instinct. Our schools were like foundries. The children were like so many bars of crude metal to be melted and poured into moulds. It made no difference if some children were bars of iron, some copper, some gold or some silver; they went into the same molds. If they didn't fit the molds, they must pretend they did.

The inspection of the schools naturally suggested to me the subjects of criminals and prisons. I say naturally, because I couldn't help wondering how many children brought up as children now are would become criminals to prey on society. I said as much to Mr. Mason.

"In the sense in which you use the terms," he answered, "we have neither criminals nor prisons. To begin with we no longer have the social inequalities that formerly existed. There is no working class and no leisure class. Everybody works at something; and it is equally respectable to work with the hands and with the brain. Some of our cleverest men and women work with their hands and are very proud of the things they produce. Wealth is no longer in the hands of a few, but is fairly equally distributed. That result was brought by making all natural resources the property of the

people, to be developed for the use and benefit of the people. For example, the iron-bearing clay discovered by Oliver doesn't belong to him, but to the people. He makes use of it under sanction of the government, and retains for himself only a percentage of the profits; other portions are distributed among the others who use it; and the government gets its fair share to be used in works for the benefit of the people. Roads are built out of such moneys, canals are built, channels deepened, water works constructed."

"That is splendid," I agreed, "but what has it to do with criminals and prisons?"

"Don't you see," he asked, "how such a state of things would naturally do away with many of the incentives to crime? Consider that there are no longer social inequalities based on inordinate wealth; that no one can enrich himself unduly by monopolizing the natural resources of the earth; that there is work enough for everybody. For example, no man or set of men can own the coal deposits. The people own all the coal and it must be mined for them in the quantities needed by them and for prices that give a fair return to all who labor in mining it. So it is with iron and copper and everything else that nature has provided. Besides, wealth being no longer a source of power, is not sought so eagerly by us. Why should a man become an enemy to society when he gains nothing worth while by doing so? We honor a person for his achievements, not for the money he has."

"And yet," I persisted, "you must have criminals."

"Yes, a few. There are persons like Mary who are unbalanced and who insist on doing anti-social things. Why should any sane person do a thing that injures others? No sane person does in these days when there is perfect equality of opportunity. So we don't have prisons in which to punish such persons, but we do have places where such persons can be cared for and brought to a normal attitude toward society. We don't punish them; we pity them and do our best to cure them. Naturally no one likes to be taken out of the beautiful world and put in such places, but we feel that we must protect ourselves from the insane."

"And," I asked, "if Mary had succeeded in her wicked designs against Oliver and Dorothy, even to the extent of blotting out their lives, would she have been subjected to nothing worse than such treatment?"

"What could be worse than to be brought to a realizing sense of the wickedness of what she had done?" he demanded. "Could anybody wish her worse misery? What would life be worth to her? Poor girl! she had a narrow escape from lifelong misery. Fortunately for her she has come to see this for herself; and we may hope now that she will become a useful citizen."

(Continued on page 124)



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In a copy of PHYSICAL CULTURE which I picked up, and for which I later subscribed, I noticed an article on milk, and later in response to an advertisement sent for the milk lessons, but being from home so much did not make use of the treatment for some time, which however much interested me. Returning from New York in November last I had a nasty sick spell, and concluded it was time to look after my health.

I took the milk diet exactly as instructed, taking no cathartics, and finally becoming regular. At the end of a month I had gained in weight seventeen pounds. I then started on ordinary food but did not relish it, going back to milk, three quarts a day with prunes, raisins, dates, which seemed to satisfy every demand of the appetite, my weight going back five pounds, and then remaining constant.

About a month ago the desire for other food returned. The most curious thing is that, while I have always been fond of coffee, and have smoked for forty-five years, I have lost all desire for both, and have taken neither since November, but just a glass of milk at meals. I am wondering if wings will come; at any rate I have had no sick spells since and am hoping.

After ceasing the full milk diet constipation returned to some extent, when I sent for a copy of "Vitality Supreme," and am now quite regular.

Meeting my old doctor this morning, he remarked how well I was looking, and I told him I had discovered a fine new medicine. He asked what it was and I replied, milk. He said, "Stick to that and you will add years to your life." Is there not somewhere the lament, "If I had only been told before."

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The gentleman who wrote this letter requested that we do not mention his name in print. We have it on file, however, and will gladly furnish further information to anyone desiring it.

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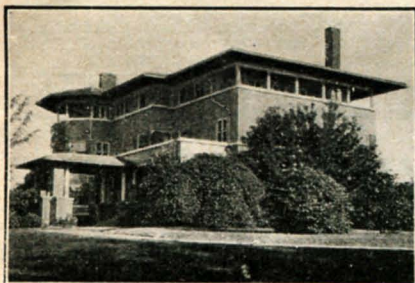
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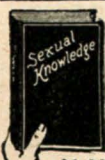
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(Continued from page 122)

I went to one of these mental-health hospitals, and was deeply impressed by the way in which beauty of surroundings and kindness of treatment were combined to help bring the unfortunate inmates back to sanity. And I must add that the longer I live the more I am impressed with the hardship of being shut away from the beautiful world.

I may not close this short account of my impressions of the new world in which I find myself without saying that I have been aided in the writing of this by my very dear little friend, Polly Mason, who has put it into good, understandable English for me.

WILLIAM HARRIS.

## CHAPTER XXI

As I take up this story to bring it to a conclusion I feel that the most important matter is to tell of William Harris.

We would have liked him to go into greater detail concerning his impressions of the world as he found it after his return to it after his long imprisonment in his valley; but he was so painfully modest in regard to his fitness to make any observations on the new and strange conditions that he was reluctant to say even as much as he did. He protested that it was enough for him to wonder in silence that in his day they were so opposed to any new idea that they would not permit it to be fairly presented.

He lived more than twenty years after his return to civilization, greatly honored by all and dearly loved by the friends he came into immediate contact with. He tried very hard to bring himself to be cremated after death, but at the end expressed the wish that he might put us to the trouble of taking his body and laying it beside that of his wife, apologizing for making the request.

When he was asked to explain the reason for his exceptional longevity, as he often was from the time of his return to the world, he always declared himself to be at a loss.

"I worked hard," he would say, "I ate little, and I lived mostly out of doors; but I don't see that these things account for it."

Our experts, who had many conferences with him, believed, however, that it was the simplicity of his life that had most to do with his attaining the age he did. They also felt that his kindly, cheerful nature and his habit of looking on the bright side of things were important factors. Also they believed that if, in addition to his simple mode of life, he had added the element of play, he might have lived even longer than he did.

He passed away in his sleep, as if the machinery of life had simply worn out. The beautiful valley where he had passed so many lonely years was crowded by the throngs of friends who went there to witness the final ceremony of his life.

I am glad to be able to report of Mary that while she never became a wholly

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admirable character, she nevertheless accepted as final my marriage to Dorothy, and gave up her foolish efforts to interfere with our happiness. She married a civil engineer with a mind as severely mathematical as her own, and had one child—a girl—by him. A few years later they separated, and she devoted to her daughter such time as she could spare from her activities as a reformer. One after another she took up the wornout, discarded ideas of the past and did her best to convert others to her way of thinking.

Among other things, she adopted the old, dreadful notion that a parent was the arbiter of its child's destiny. She did her utmost to make her little Mary a mathematician; but, as it happened, little Mary had not that sort of brain, and was nearly ruined in the process. She is now a market gardener, and occasionally writes verses—some of them almost poetry. Her vegetables, however, are notably good, and have won many prizes for her.

I am happy to be able to say that William lived long enough to see that while Dorothy and I fell in love in an instant, we remained in love and even grew in love as the years went by. Also he lived long enough to see Dorothy fulfil his prophecy that she would receive the national award for beauty. She was the mother of two children at the time; and she was awarded the crown of beauty three times after that.

We have four children now, two girls and two boys; and we would dearly love to have at least two more. And we would have them but for the unfairness of having more than our share.

That was one of the things William was dissatisfied with. He said he didn't think there could be too many children like ours. He did take a different view of it, however, when I showed him that conditions were different now than in his time, when three out of five children died of neglect, disease or undernourishment. And that, moreover, accidents in hazardous occupations and war removed a large percentage of the children who grew to adult age.

"I see," said William. "The world would soon be overpopulated if you didn't control the production of children. Good gracious! when I look back to the evil days of my youth, I realize that there was constantly going on what could fairly be called a slaughter of the innocents. What stubborn fools we were!"

Yes, I agree with him, they were stubborn. However, they grew out of that; and the result is the good world we now live in.

When is surgery necessary? It is thought to be absolutely required in a severe case of gall stones. But you should read an article in PHYSICAL CULTURE next month on non-surgical or bloodless technique for the removal of gall stones and other internal disorders usually thought to require relief by aid of the knife.

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# "Womanhood and Marriage"

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If You Are an Earnest, Intelligent Young Woman, Possessed of the Fine Instincts of True Womanhood, You Think Seriously About Marriage and Motherhood, and Hope Some Day to Become the Wife of the Man You Love, to Bear Him Children, to Make Him a Happy, Comfortable Home and Then Live Out Your Days Secure in the Deep, Abiding Love of a Faithful Husband and Surrounded by Loving Considerate Sons and Daughters.

Yet, when you read the papers and see the myriad accounts of separation, divorce, scandal and misery with which their columns are filled you cannot help but feel a deep concern at the pitfalls that border the path of wedded happiness; accounts that well may cause the stoutest heart to quail, the strongest confidence to weaken.

## In Knowledge There Is Happiness

However, keep this in mind—there is nothing wrong with marriage—upon marriage is based the home, and the home is the foundation of our nation. But, like all other great institutions devised by nature for the good and protection of the human race, it is subject to a well defined set of natural laws that must be obeyed. Therein lies the whole secret of happy or unhappy marriage.

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## What Would You Do in This Case?

(Continued from page 56)

toward the second girl—whom he thinks he loves. That she is attractive there is no doubt. But is it an attraction that will hold? Many people have married on the basis of such an attraction, only to find themselves mis-mated, and perhaps unhappy for life. Such is likely to be the case when a marriage is based on physical attraction. Sometimes the honeymoon has scarcely waned before a couple finds out that they do not love each other. Is our correspondent sure—can he be sure—of the character of his feelings for this second girl? Often a marriage based upon a friendship that has endured for years may result in a congenial relationship that will mean peace and happiness. The fact that our correspondent has written this letter would suggest that he has some such hunch in reference to the first girl.

There is another consideration. If there is one thing worse than being married to a person you do not love it is the situation of being married to someone who does not love you. If you know that your better-half loves you, then in the case of trouble of any kind, or even in the case of a quarrel, you can make some kind of an appeal on the strength of this love. If your better-half is utterly indifferent to you, this is impossible. In the matter of any disagreement the wife who does not love you will not hesitate to wound you. In any case, the fact that this first girl loves you is bound to have a material influence upon your own feelings toward her. The love of another human being—particularly a worthy human being—is something not to be held lightly. And the longer you live, the more clearly and forcibly will you appreciate this fact.

It would seem that the problem is one which time will decide; but if we were to make a prediction in this case it would be based upon the theory that women choose their husbands rather than that men select their wives. And on this theory it would seem not unlikely that ultimately C. T. M. will find himself very happy, and probably also more permanently happy, in marrying the first girl mentioned.

Eugenic considerations in this instance would probably be in favor of this consummation.

## Do Men Want Women with Brains?

TO THE EDITOR:

In your comments on the letter signed "Sincerity" in the May number of PHYSICAL CULTURE you state that you would be interested in the reaction of the fair sex to this article.

How could this fellow expect a real girl to fall in love with him when he is evidently so wrapped up in himself? If he would change his outlook he must go out into the real world and meet real people. Out in the business world. Not among the flappers, but among the more mature of the workers, both male

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and female. He will find that a professional woman is the best kind of tonic for a silly, young, tango hound and lounge lizard.

The trouble is that the men of today do not want to meet a brainy woman. They might think they do, but they are fooling themselves. They would rather have these jazz baby-doll vamps. And the reason is that the average man has such little brains himself that a brainy woman puts him to a distinct disadvantage.

As for powder and paint—do people dress as nature intended them to, i. e. as "new-born babies?" They certainly do not. All men shave, shampoo and have their manicures. I have five brothers, a husband and a father, all of them regular he-men, and I know whereof I speak. Who wants to see a girl with a shiny nose, sallow cheeks, stringy hair, when she could look so much neater if she were to powder, use a little rouge and wear a hair net. Nature can certainly be improved upon if you go about it in the right way. Every minute of my spare time is taken up in swimming, tennis, walking, basketball, etc., and I can hold my own in any city tennis tournament or swimming meet. I am only twenty-two and though I have been married six years and have a little girl of four, and though I am an ardent reader and disciple of PHYSICAL CULTURE and have been for many, many years past, I never forget to apply cream, rouge, lip stick and powder, and am addicted to the "dreadful" habit of wearing a hair net.

Mrs. C. E. H.

### There Are Plenty of Us "Nice" Girls To "SINCERITY."

I think, Sincerity, your views on the sex problem are—to put it mildly—somewhat twisted and I would like, if possible, to straighten out some of the kinks.

Granted that there are a lot of jazz babies, as I term them, I would bespeak a little mercy for them. Have you ever tried to find out the reason for their apparent irresponsibility? What kind of homes and parents had, or have they? Have they had your advantages along that line? Have you done anything to help them along to live clean, wholesome lives?

When Miss Gingham Gown—having been told by the folks in her own home town that she is destined to be a movie star—makes her debut into Movieland, feeling perhaps a trifle lonesome, who is it that comes to the rescue to show the pretty kid a good (?) time? Is it not your Lounge Lizard, or whatever name you may have for him, while you perfect men stand back with a saintly, "holier than thou" expression on your perfect features. It wouldn't hurt you a bit to play the Good Samaritan to Miss Gingham Gown, you might at least counteract the influence of the other fellow and prevent her from being drawn into a set where she would have to pay dearly for her good (?) time. You know it would not be absolutely necessary to become engaged to her just to give her a little wholesome fun. Don't you know that a slight (or otherwise) application of rouge, lip stick, etc., sometimes serves as a good disguise for a lonesome little heartache.

Now may I speak for a vast army of straight-living, clean-minded girls, of whom I may describe myself as a fair representative? I am a physical culture girl, neither pretty nor ugly, and my friends describe me as a competent cook, housekeeper, dressmaker, milliner, stenographer (which is my profession) and pianist. Now I have not the monopoly of these qualifications. There are scores of girls of my acquaintance just as practical as I am and—whisper this please—some of them are in the U. S. We are not all angels. We have our faults just the same as even the most perfect of men, but we do not expect any more perfection from the opposite sex than we are prepared to give. I have great faith in both sexes and I have several men friends, some of whom have wanted to marry me and all of whom I feel quite sure are morally straight.

Poor little twenty-four year old, you may already have passed up your chance. Better take to studying people a little deeper than



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the exterior. The nice girl does not advertise, you know, and if you do not find your ideal in the U.S. there are other countries to be explored. I have lived in some of them and find nothing to complain of in either sex.

I do not think you will have to travel far to find a woman who wants just one husband. One of you might prove just one too many.

SARC.

### Find Out What's Under the Paint

TO THE EDITOR:

A year ago my attitude was this: "The woman who is to become my wife must not paint, wear high heels or a corset. She must be intelligent and far superior to the girl of today."

She was not to be found. My idea of marrying was near extinguished.

And then—

How well I remember that day I met her. Surely she was a modern girl. High heels she wore and the color of her cheeks was surely not all her own.

But beneath these outward signs of a modern girl I found a heart of pure gold. She had simply followed the present-day lead. Today she knows physical culture and together we plan a future home along the practical lines we have learned from the pages of your magazine.

So "Sincerity" don't give up hope. Among some of those girls you meet from day to day you will at last find one whose heart will be your own and who will be a companion and pal as well as wife, and happy will you be, for therein is joy unspeakable.

W.

### How I Manage My Boy Friends

TO THE EDITOR:

No one can tell me that "the clean-minded, self-respecting and reasonably modest young women find themselves left out in the cold because the young men of today will have nothing to do with them."

The trouble with most girls is that they don't know how to handle the boys the right way. I am seventeen and very popular with young men, and have never been kissed.

When I entered high school three years ago, the boys began to invite me to dancing parties, etc., and my mother gave me a big lecture. We have always been pals and I believed every word she told me. Therefore I promised I would prove that a girl could be popular and still be self-respecting and clean-minded.

I have had several experiences which might have led me on the wrong road if I hadn't received my lessons from mother. She did not say don't do this or that. She told me in plain language what this and that might do to me. She also gave me her secrets of making and holding friends.

Before saying anything else let me say that a girl must positively have one girl friend to whom she can pour out the contents of her heart. If she is lucky enough to find that one to be her own mother, who can keep secret all the nonsense that is told to her, then she too can show the world that a clean-minded girl can have all the boy friends she can handle.

I remember the first auto ride. We were having a jolly time when suddenly he put his arm around me and was ready to kiss me. I didn't get angry or talk loud enough for the front seat couple to hear, but just looked at him with a smile and took his arm away. I told him how I had promised to help put some respectable girls on the map, and asked him if we couldn't be pals without being silly. We had a heart-to-heart talk right then, and when I came home the next day from school I found a letter from him asking me a dozen times to forget, and how very, very much he honored me for talking to him as I did.

In that same letter he invited me to the next school party. We never brought up what happened in the auto. We had a jolly good time at the party. That very evening he invited me to join his family on an outing the next week. (His mother told him to invite

me.) Some boys might like the spooney kind to play with, but they don't take them home to their mothers. I have been fortunate to meet several mothers and can proudly say that after meeting their mothers we are better friends than ever.

One evening I met one of the boys who, I knew, was always ready to kiss and spoon, but I accepted an invitation to a party. During intermission he tried to treat me as he did other girls but I just told him my side of the story. I refused dancing with others and he asked me why. I told him I enjoyed his dancing very much and knew quite well I would never have an invitation from him again, as I was not his style. He just looked at me and said: "Just wait and see."

Shortly after that very boy or young man invited me to a big dinner party. I never had any one treat me so respectfully. After seeing me home, he told me "what a treat it is to be with a girl like you. Anyone is proud to show you to his friends." He and I are the best of pals to this day, and to hear his fine remarks about me, makes me wonder why more girls don't try to have others speak so of them.

I guess girls like "The modern girl" who say "that the price they ask in return for a show, dinner or dance is too darn much," don't understand that big boys are only little boys grown tall and must have a little fuss made over them. But I never run after any. Let them get acquainted with your home. If you have one like mine, where mother is the leader who opens the whole house for our pleasure and sees that everybody is entertained, I guess you'll not have to ask them to come again for they always ask us when they can come again. So far I have never lost any young men friends that I wanted to keep.

I don't want to brag about myself or I would sign my name to this but I have proven for three years that a *highly respectable* girl is much wanted by the boys in our town.

Boys don't really like bobbed hair, paint or gay hosiery. Many boys tell me "Don't ever bob your hair, don't you ever put on gay hose." They hate a painted face. If my cheeks are rosier than usual they ask me if it is all mine, and when they find out it is they seem so pleased. You don't need paint if you live a physical culture life, as I do.

JUST ME.

### Why Not "Motherhood" as a Profession?

EDITOR'S NOTE:

The following letter opens up not a speculation, but what seems to us to be a very interesting business possibility. Unquestionably there are many women fitted by nature to adopt as a profession the business of caring for and raising children who have no mothers, or whose mothers are not in a position to give them the care and training that they need.

The capacity for reproduction does not mean that a woman is in all cases suited to domestic life and the care of babies, and yet such a woman may be possessed of intellectual powers or artistic talents which would make it desirable that her family strain should be perpetuated. In many cases sheer distaste for domestic life and disinclination to be tied down with babies prevents such women from having children. If they could bring their children into the world, to be cared for by someone else especially fitted, there might be less of the birth restriction among the better classes that is now so generally deplored.

The woman who loves babies and has made a study of child-care may make a much better mother for a particular child than its own mother. Therefore, placed on a basis of proper remuneration, there should be an opportunity for a woman like our present correspondent to earn her living in just the kind of work for which she is ideally fitted.

Of course we cannot publish in this column letters of all those who might care to undertake such a service. We are publishing this one because it presents a vital idea. The classified advertising department of PHYSICAL



CULTURE or perhaps of any woman's magazine, or the classified want-ad column of a newspaper would be the proper channel, and undoubtedly the most productive channel through which to reach the public in connection with such a proposition.

#### TO THE EDITOR:

After carefully reading "Should I Have a Child" and "The Jazz Girl of Today" there came to me the idea that since I already had the children, each of them measuring up to physical culture standards, I might perhaps help others by taking the unfortunate babies of "The Jazz Girl" whose parents would be willing to pay for such care as my own babies have always received. You see, in this way, I can do a great deal for humanity and continue to give my own their natural right of a normal happy home and undivided mother-love.

But how to reach them, the unfortunate? My babies measure almost one hundred per cent. perfect. My life study has been for them and their welfare. Now that I must choose a career, why not babies? I can give letters, or names, for personal references to please the most discriminative.

The issue is just like this: I not only have to be the mother but provider as well. I want work that I am qualified to do. Thanks to your magazine my health and spirits are returning by leaps and bounds. Is there any way through your editorials or articles you could bring me in touch with some baby needing a home and genuine love from an honest-to-goodness mother? Perhaps the father in some instances could and would provide for it even though he dare not recognize it.

Thanking you for any kindness or consideration of my newly born plan and again for the magazine, I remain.

MRS. H. S.

#### What to Do for a Nagging Wife—Diet Her

MY DEAR X. Y. Z.:

I would so like to help you if I could, for you see I used to be a nagging wife myself. And if I may be able to drop a few hints to you, it would in some measure atone for my own nagging in years gone by.

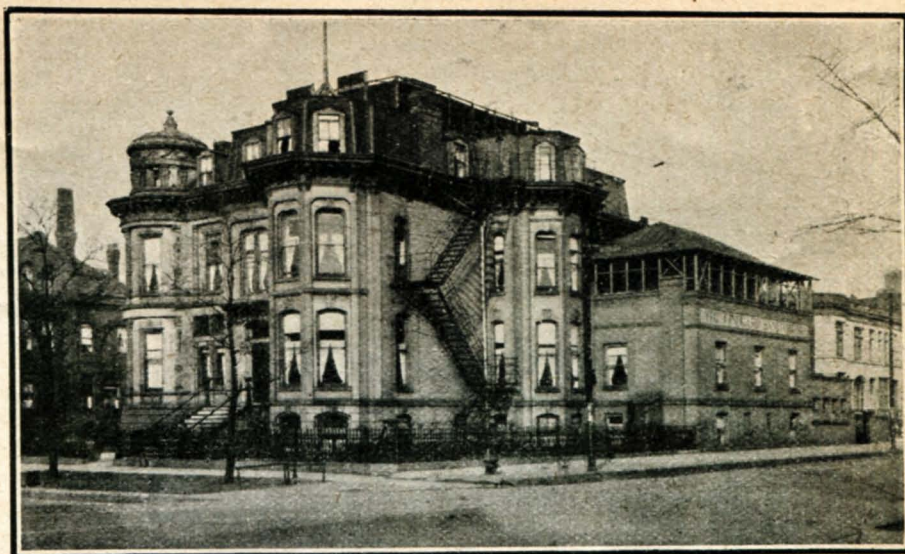
Most of all, however, I am concerned with the position of your wife; for, no matter how trying her nagging may be to you, her own suffering is ten times greater—though perhaps you don't realize that. Broadly speaking, men cannot understand a woman's psychology when she is not her true self. But just bear the fact of her suffering in mind. I am on sure ground here, having passed through the ordeal myself.

My husband and I enjoy an unusual state of companionship. Our tastes, our views, our enjoyments are the same. This fact has always been true. And our love has been singularly beautiful. And yet, despite this, in the old days there were moments when I wished with all the power that I possessed to hurt and to hurt hard. I wanted, at times, to be able to say the cutting thing which would bite deep; even at times has come the desire for actual physical violence. And then, when the reaction set in—

Now my husband knew nothing of this mental turmoil and does not to this day. The knowledge of it would distress him too greatly. That is the reason for my saying that your own suffering could never equal that of your wife. Her own is bottled up. And all the while there is nothing fundamentally wrong. The defect is superficial.

In my own case it took me many years to learn its cause but once ascertained the remedy lay in my own hands. I quit nagging four years ago, or such a matter, and I know that it will never return. It is the outcome of sickness. Or, rather, the mental reaction is but a reflection of a wrong physical condition.

The diet question is a large factor in one's physical condition. And, of course, it is literally true that "what is one man's meat is



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another man's poison." But I made a discovery in my own case and have since seen it corroborated in *PHYSICAL CULTURE*.

Like yourselves, we had always had good food—in the sense in which you use the term—but I learned that it wasn't "good" for me. Briefly, I found that meats and sweets aggravated the condition. When I banished them my fits of temper and my disposition to nag and to wound entirely disappeared and I became the woman whom I had always been in intention!

A little over a year ago, there appeared an article in *PHYSICAL CULTURE* which was written by a physician, on this very subject. "Stop Food Poisoning and Cure 'Nerves'—I Did," by Thomas Clark Hinkle, M. D., Oct. 1920, P. C. As a cure for "nerves" he advised the abolition of all meat, eggs and sugar in any form. He based his conclusions on, I believe, one thousand cases.

As I said above, I had made this discovery before reading the article. Though I now eat eggs with impunity. And, by watching myself, I can occasionally eat meat and candy. But—and this is the proof of the whole matter, if I unduly indulge in candy (that is, indulgence for my particular case) the next day all the old inclinations toward irritability come back! Knowing the cause, however, I have myself under control. And I will add, in strict justice to myself, that these lapses are very, very few. I know my limit. But I can positively change my disposition in twenty-four hours! Simple, though, when you have the answer, isn't it?

Here's some more advice. *Don't try to soothe and change the subject!* These are your own words. You mean well, I know. But you are making a big mistake. Just quietly, cheerfully, and in the most matter of fact fashion as though it made no difference in any way and as though you had no emotion whatever in the matter, leave the room or leave the house. Invent some logical reason for your presence elsewhere and call a cheerful good-bye as you go. Your wife will probably hate you for a few minutes (remember that I am speaking from experience) but she will recover much sooner than if you try to alleviate matters. Bear in mind that such people are sick and suffering. Mentally, I mean.

As I said in the beginning, you and the dear little lady both have my sympathy and my very good wishes. May the Divine Intelligence, not forgetting the assistance of some good sound common sense, direct you both to a happy solution. A. F. N.

### How to Compel Your Wife to Take Up Physical Culture—Use Indian Clubs On Her

TO THE EDITOR:

I am a firm believer in physical culture, but I have a wife who is not. I have tried everything in order to interest her, but to no avail; it is useless—worse than useless. Now, the few words that follow are written in all sincerity; I am being frankly honest, almost brutally so. My wife often says that she wishes she were dead. What shall I do—let her die, and be done with it, or kill her, and be done with it? You may laugh, perhaps, but I don't—not this time, at least, for I am almost in earnest if not wholly so.

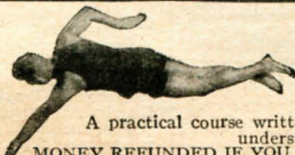
Sometimes I get so angry that I could jump in the river, or knock my head against the wall or something else equally foolish. I have tried persuasion, suggestion—everything, trying at all times to be patient, loving and kind.

What shall I do? How can I awaken her before it is too late? TRYING HARD.

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Editor's Note: Why not say it with music? Get some phonographic records which have an irresistible rhythm, and see if she can keep her feet and arms still when she sees you dancing through morning exercises to music. Get her interested in dancing—classic, fancy, acrobatic, ballroom—any old kind.



## A Woman Pays When She Smokes

(Continued from page 39)

standards. It had something to do with the racial concepts of beauty, good appearance. A woman smoking just simply, naturally jarred the century-old idea of how a woman should look at her best.

Then too, in the past the type of woman who smoked was one with which no self-respecting woman could want or allow herself to be associated with in any man's mind.

My mother is a physician, as is also my father. I asked myself how it would have done for mother to be found with a cigarette in her hand by a patient coming into the office. Father sometimes laid aside a cigar to attend to a patient. What would have happened had mother tried to smoke and had to put down a half-consumed cigarette, to administer to a sufferer? Of course no woman doctor would feel that she could afford to be found in her office smoking, any more than she could afford to be found there in a dirty shirt-waist or with her shoes unlaced, the shoe-strings flapping about her ankles.

It is a matter of aesthetics. A woman should not smoke for the same reason that she should not allow her teeth to become stained or her nails to go unmanicured. She should want not to be seen with a cigarette between her lips or poised in her fingers, for the same reason that she should want not to be seen with a muddy complexion or with her cheeks flagrantly, cheaply rouged. It spoils the best possible picture her personality is capable of presenting to the world.

Of course, I did not intend to forfeit that contract. It was postponed, but I would get it yet. I was resolved upon that. Meanwhile I was thinking about the cigarette habit. With such an experience just passed, I was not able to forget it.

A few days later I happened to step into an office to see a man whose opinion I valued very highly. He was the head of a large concern and at the time he was, like most other business men, confronting the worry of the business depression.

"Have you had your iron today?" he laughingly asked as I appeared.

"What do you mean?" I was perplexed.

He laughed and opened the drawer where he usually kept cigars. In the place of the tobacco was a box of raisins.

"I am giving up smoking," he told me. "We all know it's a nerve drug. We are facing serious business conditions and I don't feel that at such a time I can afford to drug my nerves and my energy with tobacco. Whenever I want to smoke badly I eat a cluster of raisins. It works very well."

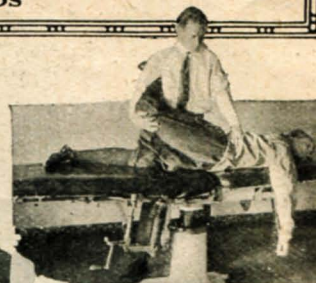
So, I thought, here are additional reasons why a woman should not smoke.

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She is probably more sensitively nerved than a man, to begin with. If a man feels that in a time of crisis he can not afford to drug his nerves with tobacco, certainly a woman can not afford to do so at any time. She needs all the natural health of nervous energy she can acquire if she is to win and hold a place in modern complex business. Indeed, if her work is keeping a home and rearing children, she needs it no less. A nerve drug is not good for any one. No matter how commonly men may administer one to themselves, a woman is not therefore justified in following their example.

Women smoke because they feel, in the first place, that they have the same right to do so as men have. They are correct in that feeling, but are they not shortsighted and foolish? Is it wise in order to prove equality of privilege, to become a drug user? It seems rather ridiculous to adopt harmful habits merely because we have the right to do so.

I know a stenographer who is a habitual smoker. She is as addicted to cigarettes as any man could be. Without one in her hand or between her lips she is positively unhappy. She has what is known as the "smoker's frown" when deprived of them. Is her position enviable?

Certainly she has as much right to her cigarette as has a man, but have either of them the right to a narcotic without which they become disagreeable to those about them?

But all my analysis did not bring the consummation of the deal with the manufacturing firm. I called on the president again. He was cordial, but had not yet made up his mind to sign. I resolved upon a bold stroke. I wanted, if possible, to lead the talk around to the subject of smoking. I wanted to clarify his mind, while at the same time restoring confidence in myself by telling him what I had decided about women smoking. The opportunity was not then forthcoming, and besides, the matter was one requiring utmost delicacy of diplomacy.

I secured an appointment with him, but it was not to take place until a month later, after he returned from a trip to the West.

A day or so later I received a phone call from a nurse friend of mine who had been out of town on a serious case. I recalled that she was an inveterate smoker, and I decided to talk the question over with her.

I asked her to dinner. She came and I was rejoiced to find her in much better physical condition than when we had last met. Formerly she had been very thin and nervous. She was now calm, and had put on at least twenty pounds. To my surprise I found that she brought no cigarettes with her. I asked her why, and she told me the following story:

"My last case was out in the country. It was a bad one, and I was up all hours, working very hard.

"Of course I was smoking innumerable

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cigarettes whenever I had the opportunity. I was rapidly becoming a nervous wreck. Sleepless nights and straining days were telling on me.

"I decided to stop smoking in the hope that it might help me to stand the strain. Of course the desire was strong. My nerves clamored for their customary drug.

"Whenever the hunger became too strong I went to the kitchen and drank a glass of milk. They had cows on the place, so there was always plenty.

"Behold the result," she laughed. "And believe me, I'm off the smoking habit forever."

There were, it seemed, many reasons beside those I had already found why a woman should not smoke. I told her my experience, and what I had concluded.

"Right," she agreed, "and here's another."

She told me of a clubwoman of wealth who had been a patient of hers. The lady in question kept her cigarettes on her dressing-table. Returning from a club meeting one afternoon, she found her seven-year-old daughter, a piquant little beauty, before the dressing-table eyeing her reflection thoughtfully. From the corner of her dainty mouth suspended a lighted cigarette.

"Alice!" her mother exclaimed horrified. "For heaven's sake throw that nasty thing away. Alice, don't ever do that again. It makes you look horrible."

She added a few pointed remarks about the child's health, and concluded:

"I can't have my little girl doing such unspeakable things. Why, honey, you don't know how badly you made mamma feel."

Alice eyed her mother soberly.

"I wanted to see if I looked as funny as you do when you are smoking at the table when you get ready to go out. I looked about the same, far as I could see."

The mother gave up her cigarettes.

But to come back to my own experience, a month passed and my prospect returned from his trip. I found my opportunity and we had a long talk. Finally he signed the contract.

I was jubilant. My firm was overjoyed.

Not until some time later however, did the president of that manufacturing concern talk to me freely. We became good friends, the sort of friends between whom informal, personal exchange of views is happily permissible.

"Do you know," he said to me the other day, "I hadn't given the thing much thought until that night you smoked in the restaurant. I just accepted women smoking as most of us moderns do.

"But somehow that sight of you smoking jarred. It wasn't you as I had grown to think of you.

"Morally, I suppose you have the same right I have. But hang it all, women always have boosted the race standard of health, aesthetics and life, in general, you

# THE PAGE SYSTEM

THE PARENT SYSTEM OF NATURAL TREATMENT

**Chas. E. Page, M.D.**

*The Pioneer "Naturalist"*

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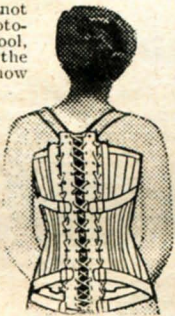
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know. It isn't fair, perhaps, to expect them to take the lead. Still I can't see that they are justified in sanctioning a standard lower than the highest possible just because they have as much right as we men."

"Of course it's fair," I answered. "We would resent it if men tried to deny us the privilege of influencing their lives, and we'd be insulted if they told us our influence was less than the best."

"It's fair and right, and it's natural, and the time will come when you men will agree that we have the right to ask you to put aside the use of a narcotic, just as you sanction our attempt to stop the opium habit."

He laughed and became thoughtful. Then he said:

"I'm reluctant to admit it, but of course you're right. Your ground is unconquerable."

"It's plain self-indulgence that makes me want to disagree at all. By Jove, I think I'll take a try at living up to the standard I require from you."

And he did.

## Waking Up Exercises

(Continued from page 41)

2. Lying on the back, completely relaxed, breathe deeply three or four times and then rotate the head as far as possible from side to side. (Illustration 2).

3. Place the right hand over the left hand from the side of the body up, and back of the head. After repeating ten times, change hands and raise the right against resistance (Illustration 3). This exercise will help tone up the muscles that hold the shoulders up and back where they belong.

To help the muscles that pull sideways and back on the shoulders and thus keep the chest expanded, lock the fingers and, while pulling outward, carry the hands from side to side and as far back as possible at the extreme of each movement.

4. Carrying the arms up and back of the head and resting the palms flat beside the ears, by pressing back with the head and hands, arch the body up from the head to the heels at least ten times (Illustration 4). This exercise will tone up the entire back.

5. Lying on the back, bend the left knee up to the chest and oppose the flexion with the left hand. Repeat with the right knee, resisting with the right hand. Repeat several times alternately (Illustration 5). This exercise is for the abdominal muscles.

Another exercise for the abdominal muscles and also to promote respiration, is to lie on the back, bend the knees up and then go through a running motion, keeping the knees off the bed. Follow this by deep breathing.

6. Lock the fingers over the left knee and push hard against the hands. Re-

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peat with the right knee, a number of pushes (Illustration 6). This exercise is for the back and shoulders and helps to promote bowel activity.

7. Lying with the fingers behind the head, keeping the elbows flat on the bed, elevate the legs as high as the berth will permit (Illustration 7). If you cannot raise both together raise one leg at a time. Repeat several times.

8. Lying on the back, arms out to each side of the body for steadiness, bend the knees up and, without touching the bed, circle the knees in as large a circle as possible, up, to the left, down, and to the right, several times. Then repeat in the other direction (Illustration 8). This and the preceding exercise are for the abdominal muscles. They will help intestinal activity and promote digestion. They are also reducing for the obese.

9. To exercise the back, lie face down, place the hands on the hips, elevate the head as high as possible, and, while keeping the body arched up, twist the head from side to side (Illustration 9). This will tone the entire back and help to improve the carriage of the head and trunk.

10. To help the side muscles and further the effects of the abdominal exercises given above, lying on the side, arch the body up from the shoulders and the side of the foot. This should be done several times while lying on the left and then on the right side (Illustration 10).

11. Another exercise for the side muscles is to lie on the side, and, with one hand under the head, the other resting on the bed to steady the movement, raise the legs upward as far as possible (Illustration 11).

12. For a last exercise, beginning with the weight on hands and feet as shown in Illustration 12, kick the feet back so that the weight rests on hands and toes. After repeating this a few times, it can be made more strenuous by lifting the legs alternately as shown in Illustration 12a. If more work is desirable, as the feet are kicked back from the starting position, hold one foot up and let the weight fall on the toes of only one foot as shown in the last illustration.

13. To end the exercises, lying on the back, elevate the arms from the side of the body, up to behind the head as you inhale deeply. As you carry the arms back to starting position, exhale. Repeat a number of times.

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## Fighting Mad

(Continued from page 47)

struggled, I felt that I was being drawn nearer, ever nearer, to its open door, where Smythe and Eleanor awaited me with white and tragic faces.

"I will take it," I cried wildly, "I will take it! Be quick and lead me there!"

### CHAPTER I

Soon Jenkins and I were on the street, walking side by side. I saw nothing of the crowds about me, nothing of the multitude of faces, for the clouds above were peopled with a horde of phantoms—shouting, whispering: "He is going home to-day."

But I was careful not to join them in their shouting; or in their dancing; or in the waving of their black banners in the air; or in their laughing; or in their crying; or in their whispering: "He is going home to-day"—because I knew the man beside me would never understand, could never understand.

We turned the corner. There was the house, smiling in the sunshine. But I never stopped, never hesitated, for the mad music still echoed in the heavens, and the mad multitude, dancing faster and faster, seemed rejoicing in my homecoming.

But as we waited for the door to open, the music died out; and the dancers, now quite weary, wrapped themselves in fleecy clouds and soon fell fast asleep. The visions vanished. Then I trembled, then I would have retreated, had not Jenkins held me by the arm.

A servant opened the door. "Yes, sir; Mr. Smythe is in," he said. And then, with a look at me: "Will you go into the drawing-room, Mr. Jenkins?"

"No, we'll stay out here in the hallway. Tell Mr. Smythe I want a few minutes' conversation with him."

"Very well, sir."

How familiar everything was—from the grandfather's clock, ticking out the seconds, to the winding staircase, at the top of which was my old room. I began to wonder if these inanimate objects recognized me, when human beings had failed. Somehow I felt that they did. At any moment I expected to see all the furniture come trooping out into the hall to greet me. The clock was mumbling the seconds in its monotonous monotone; but I felt that it knew me and was winking slyly, keeping my secret only under protest.

At last heavy lagging footsteps sounded on the stairs; and Smythe's bulky figure could be seen descending slowly. He approached us unsteadily. Although I could not see his face distinctly, I detected a strong smell of whiskey on his breath.

"So it's you, Jenkins," he said in a husky voice. "Step in here where there's light. I hate the damn gloom of this hallway."

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As he spoke, he opened the door of the living-room. Here, too, everything was familiar. Why, the portrait of my mother was still on the wall. Now it looked at me kindly, and its lips began to move. I shook my head at it behind Jenkins' back, and cautioned it to silence with a lifted finger. It was brighter here, and I could see Smythe distinctly.

He looked even older than when I had seen him on the street. His clothes were ill-fitting and carelessly worn. His coat bulged out over his stomach, his trousers were wrinkled, his blonde hair hung down into his eyes. What a change there was in the man!

"Well, Jenkins," said he, "what's the trouble now? But don't tell me till you have a drink. I'm damn dry myself."

His eyes wandered about the room restlessly. There was a decanter of whiskey and two glasses standing on a little table in one corner. He rose and advanced toward it.

"No thanks," said Jenkins, "I'm not drinking."

"And your friend?"

"This man wants to work here, Mr. Smythe. He'll do odd jobs about the house as well as any other. I'll vouch for his character."

"Oh, I see," Smythe muttered. He poured himself a large drink of whiskey, downed it at a gulp, and then turned to me. "Why, I've seen you somewhere before! 'Where was it now?'"

"Where?" Jenkins asked bending forward eagerly. "Where? It's quite possible, Mr. Smythe, that you may have seen him before."

"Yes, I remember now," said Smythe listlessly. "It was several days ago—outside of the house. He was leaning against a lamp-post—dead drunk. That face of his scared Eleanor. He must have done some bar-room fighting in his time, eh Jenkins?"

"Oh!" said Jenkins in a disappointed tone, "If you saw him drunk, I guess he won't do."

"Hold on!" Smythe cried with a drunken laugh. "I've taken quite a fancy to the fellow—he's so damned ugly. We all go on a spree now and then—what of it? That's the only excitement there is in this damned city. He can get drunk as much as he pleases, as long as he doesn't do it here. Why, you talk like a minister! I bet you get pickled yourself once in a while. If you don't, you ought to—you tight-fisted old money bag! Come out with me to-night, and I'll show you a good time for once in your life. We'll have dinner at the club—"

"And you'll take him?" Jenkins broke in.

"Yes, why not? Eleanor won't like it, but I'll have him just the same. She's got those damn cats; and they bother me. Last night I fell over one, going up stairs. I kicked its ribs in, and gave Tom a five dollar bill to take it away in a basket before Eleanor got up. If she has her cats—then, by God, I'll have my

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fighter! You are a fighter, aren't you? I used to box myself. You wouldn't think it now, but I won the heavy-weight amateur championship seven years ago. I'm a little out of condition, you see. Some day I'll train again. You're signed up, my man. Come to-morrow. Tom will show you what to do. But hide that face of yours from Mrs. Smythe. There'll be trouble if you don't."

"Thank you, Mr. Smythe," I said. "I will come tomorrow."

He started at the sound of my voice. The glass, which he had raised to his lips, clicked against his teeth. "That's funny," he said—"damn funny!" He looked about him suspiciously. "I'll have to have Roberts in again. He'll fix me up."

"What's the matter?" Jenkins asked.

"Oh, nothing. Just imagination and nerves. Hearing voices, and seeing faces in the dark. It's strange though—damn strange!"

At last we left him—a dark brooding figure sitting silent in the shadows of that gloomy house. Here was a man whom the years had changed—even as they had changed me.

### CHAPTER LI

Now I must tell of the cruel weeks that followed when I worked as a servant in my own house. During that time I was always on the lookout to see a beautiful face; and, when I had seen it, careful to step back into shadow to hide myself away.

How terrible it was to move among these familiar objects, every one of which brought back recollections of other days; to see my mother's portrait looking down on me in pity as I scrubbed the floor; to hear the peaceful ticking of the clock, and to remember how often I had listened to it as a little child! But the sight of Eleanor was the worst of all to bear. To know that she was so near to me, and yet so very far away; to fear that she might look at me again and shudder at my face; to know that, if she did, I would cry out like an animal in pain—all this was terrible!

When the moments of madness came, I welcomed them gladly—even though I had a multitude of enemies in the air. They came creeping towards me, these phantoms to curse me with their eyes.

My little room, on the topmost story of that house, was the home of spectres. They flowed in through the window on waves of moonlight; they danced on the floor, the walls, the ceiling. But no matter how frantically they tossed their limbs, or how contorted were their white and tragic faces, their eyes were always steadfast and always fixed on me.

In the corner of this strange little room—in the deepest darkest shadow—was a formless shape that never joined the others in their wild dancing; but crouched there silent, motionless, staring at me with great dull eyes. And I knew that it would wait there, crouching silent in the

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corner—till at last its time should come. Then it would cast aside its veil of shadow, and, stalking out into the moonlight, cry aloud: "This man is mad!"

And it was because of this formless phantom that I sat up so silently in bed—that I sat there, scarcely heeding the dancing of the others, cunningly contriving ways and means to keep so still, so very still, and thus cheat it after all.

When the morning came, in gray and sombre robes, all the merriment died out and the phantoms fled away; but the formless shadow was the last to take its leave—and it went all cloaked in blackness like the night.

Then the breeze whispered in my ear. "The suffering of the poor hangs heavy about thy neck, cast this woman from thy heart, and know the joy of peace."

## CHAPTER LII

One night the butler was sick, and I was forced to wait on the table. Eleanor and Smythe sat opposite each other—he, bent over in his chair, looking furtively at her; she, cold, silent, with her eyes fixed on space.

Calmness had taken possession of me, a cold calmness which enveloped me like a mantle of snow. I saw everything with magnified distinctness. Nothing escaped me. For the moment my brain was sharpened to the keenness of a thin steel blade.

As I entered the room, Eleanor caught sight of me, shuddered, and turned her eyes away. I felt neither bitterness nor pain. Later, as I listened cautiously at the pantry door, I heard her say:

"What a frightful looking man! Why, we saw him drunk one day. How did you happen to get a man like that? He's a disgrace about the house."

"You have your cats," Smythe growled, "and I'll have him. He amuses me—he's so ugly and solemn. Besides, he works twice as hard as Tom."

"I believe you took him because you knew he drank! Like master, like man! You disgust me! All men are brutes."

There followed a brooding silence, till the dessert was brought in—a silence of bitter thoughts. At last Eleanor spoke.

"I suppose you're going to the club again!"

"Well, you're going to the Courtneys', aren't you?"

"Yes."

"Well then?"

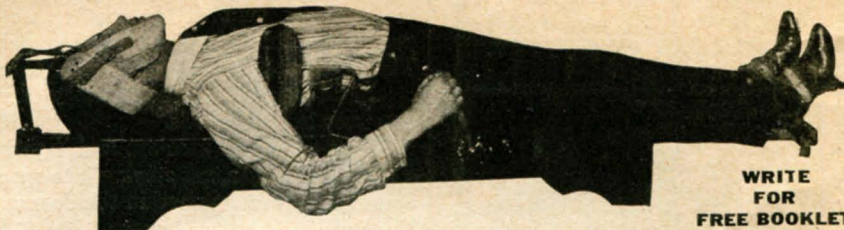
"Oh, don't think I want you to go with me!" she cried. "That last time, when you got drunk at the Walkers' and struck Frank Freeman, was enough for me. I'll never go out with you again."

"He kissed you, didn't he?"

"It was just a game. Everybody was fooling. What a terrible scene it was—and poor Frank with his face all blood! He didn't mean any harm by it—poor boy!"

"It was a good lesson for him. I'd wring the little cad's neck and throw him out of the window for two cents."

Eleanor rose, white and trembling, and



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hurried out of the room. It was strange to see her vent it on another, as I peered in through the swinging door. These were the two for whom I had sacrificed everything; the mockery of my fate rang in their words.

Smythe laughed harshly, and, lighting a long black cigar, sat staring into space. Soon Eleanor reappeared in the doorway. She had mastered her temper.

"Did Jenkins bring that money?" she asked in a cold, dead voice. "I'm going away for a few weeks."

"Oh, are you?" said Smythe listlessly. "Yes, he brought it—after a hard day's work scraping it out of those dirty tenements. A thousand dollars. What do you want that much for?"

"I need it. Is it any business of yours? It's my money, isn't it?"

"Yes, it's yours. I don't want it. You sold yourself for it. It ought to be yours."

"Well, what did you do?" she cried. "A fine friend you were of his—flattering me, lying to me, and winning me, you beast!"

"I acknowledge that I did sell myself for a worse thing than money. There hasn't been a moment in the last few years that I haven't regretted it with all my heart."

Eleanor tried to stammer out something but rage choked her. It was not a pretty sight.

She stood thus for a moment and then vanished, leaving Smythe still puffing leisurely at his cigar. Evidently scenes like this were so common that they left no lasting impression. Some time later the front door slammed; and Smythe, rising to his feet, stretched himself.

"Thank God she's gone!" he muttered. "What a woman to live with! She'd drive any man to Hell!"

He walked out of the room; and I heard his heavy footfalls sounding on the stairs. Then a door closed.

I cleared up the dinner things, washed the dishes and put them away in the china closet. I did everything subconsciously. My mind seemed to be a total blank—or, better yet, a ball of gleaming ice reflecting lights and noises but cold to thought as death.

Later, sitting in my room alone, the phantom shapes again returned in ghostly crowds and fluttered on invisible wings about me. I turned out the lights and watched them floating through the darkness—watched their faces, old and young, gay and sober, bright with hope and gray with sorrow—watched them dancing gaily on the ceiling, walls, and floor. And the formless phantom in the corner, despondent, gloomy, dared me with its eyes to break the silence of the spirit world. But, as I struggled mightily to speak, to utter just one word, as from a great distance, solemnly, sonorously, the grandfather clock struck twelve. At the last stroke, I felt that the reign of the formless phantom was ended; and so I spoke to the spectres floating on the

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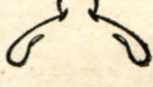
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chilly tide of moonlight in my room.

"Why do you come to me?" I asked.  
"Why do you come to me?"

"For your promise, 'Deacon' Colgate," they answered me. "For your promise to help the poor. The safe is yours, the money is yours."

"True," I said very slowly. "The safe is mine, and the money is mine."

"And the promise is yours," said the spectres.

"Yes, the promise is mine!" I cried.

And at that the spectres' faces were bright with joy. Two by two they floated out the window, mingling in the blackness and lighting up the outer darkness with the flashing of their wings. But the formless phantom in the corner wrapped its robe about it, and glided slowly towards the window with a dark, despondent face. A crooked, formless phantom, it went clad in sorrow like the night.

### CHAPTER LIII

I opened my bed-room door and tiptoed down the stairway. The clock greeted me with its labored breathing. It seemed to be struggling with itself to keep awake. How dark it was! And yet I knew every step of that house from attic to cellar. The safe was built into the wall of the library; a bookcase stood before it.

I turned on the light in the library, pushed aside the small bookcase and dropped on my knees before the safe. At that moment the numbers of the combination, which for all these years had been hiding in some forgotten cupboard of my brain, leaped out and confronted me with their well remembered faces.

Reaching forward a trembling hand, I took the shining steel disc firmly in my fingers and began to turn it slowly. Then I seized the handle and twisted it, but the steel door resisted my efforts. In the hurry and excitement I had miscounted. Again I turned the metal cylinder—more slowly now. This time the door swung open; and there lay the package of banknotes.

"Hello!" cried a loud voice behind me.  
"What are you doing there?"

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**M**ANY people are supposed to suffer from poverty, but did you ever suffer from having too much money? Next month you will find in PHYSICAL CULTURE the story of a man who had a \$10,000 a year pain. That's a queer kind of pain. Read about it next month.



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It is a fact that only about one person out of three enjoys good health. And those who are physically a little "off" right now will more than likely be the ones to succumb to preventable diseases this year. And they are the ones who should not die.

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## The Average Person Pays Thousands of Dollars in Doctor's Bills

Nature is merciless. If you do not understand her laws and her methods of

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apply home treatment for disease  
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build nervous energy  
treat the common forms of disease  
understand the process of reproduction  
benefit by laws of sex and marriage  
treat diseases of women  
diagnose diseases  
have healthy and vigorous children  
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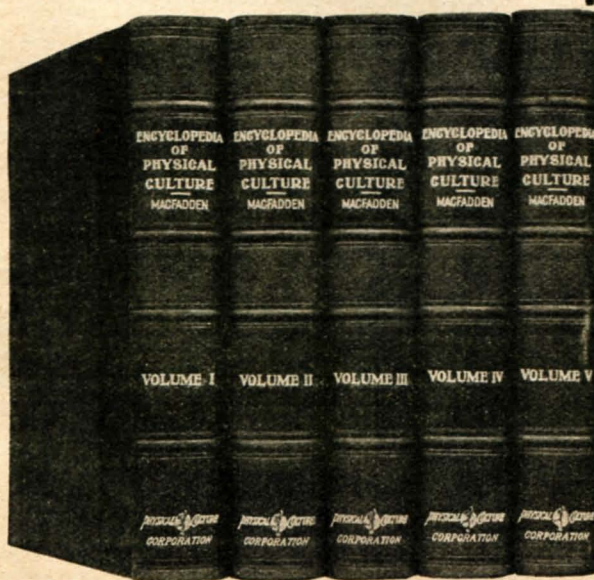
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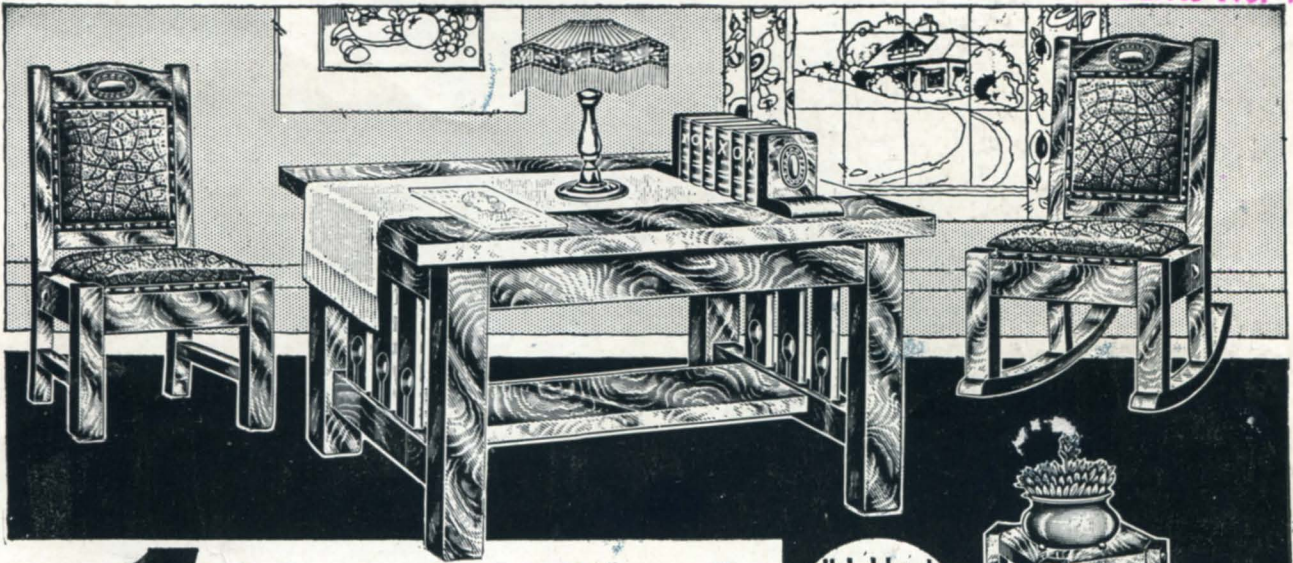
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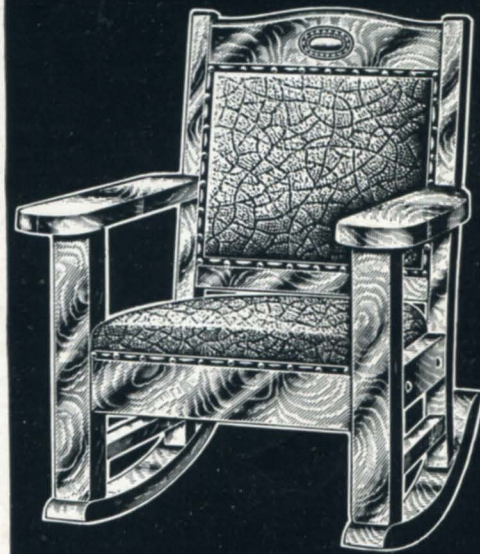
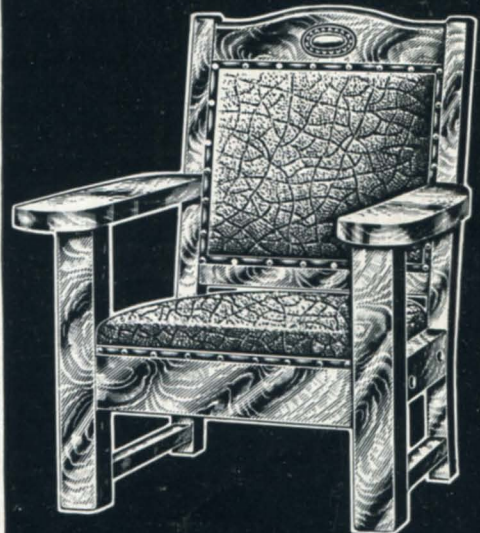
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# The Secret of Caruso's Greatness



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Abroad, the name of Feuchtinger is one to conjure with. The grandfather of the professor was Court Director for the Duke of Waldeck; his father was a great musical leader during the reign of Charles, King of Wurtemberg. Professor Feuchtinger, A. M., is well known in the musical world for the work he has done in discovering and perfecting a series of exercises that will develop the Hyo-Glossus Muscle in any throat—the same training that is being offered you thru the Perfect Voice Institute. He has lectured before many universities and colleges here and abroad. His personal pupils run into the hundreds.

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